



Athlete Health and Wellbeing

Physical Workout Plan (Junior Athletes)

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The following two workouts have been designed for minimal equipment use but is able to help keep your bodies prepared for when volleyball does return. The mobility component of this program can be done every day, and we recommend it be done at least 4 times each week. The warmup (standard court warmup) and cooldown is the same for both workout 1 and 2. Both workouts should be completed twice per week, totalling 4 sessions per week. As always, if you have any questions, please contact me via email. Good luck!

EASTS WORKOUT ROUTINE:

Mobility:

	Workout	Volume	Diagram / Instructions
1.	T-Spine Rotations	2x5 per side	https://www.youtube.com/watch?v=nlr13HOACDs Complete 1-4 in order then repeat to achieve 2 sets
2.	T-Spine Extension	2x5 per vertebrae	https://www.youtube.com/watch?v=9LJDGUuIS_8&t=784s (from 8:26 to 10:00)
3.	Hip Mobility	2x5 per side	https://www.pinterest.com.au/pin/153755774753661233/
4.	Ankle Rolls	2x15sec per direction	https://www.youtube.com/watch?v=J9YA1_f_juA

Warmup:

- 3-minute jog
- 10-15m of each exercise
 - A-March, A-Skip, B-March, B-Skip, Hop and hold (2 foot, left and right), Rebound jumps and 2-foot bounding.
- Any muscle activation you do on your own (i.e.: glutes, shoulder complex, quads, etc)

Pick either workout 1 or workout 2 as part of the workout

Cooldown:

	Workout	Volume	Diagram / Instructions
1	Walking recovery	2mins	Complete 2-6, then repeat to achieve 2 sets
2	Natural ER	2x12	https://www.youtube.com/watch?v=QFnXM2ueUIE Avoid towel, try to keep elbow still with muscles
3	Natural IR	2x12	Same as above: Please don't use a towel
4	90-degree Abduction ER	2x12	https://www.youtube.com/watch?v=yDOigJEe07M attach band at shoulder height
5	90-degree Abduction IR	2x12	Similar as above but opposite direction movement
6	Static Stretching	2x30 sec per stretch	Stretch all major muscle groups



Workout 1 (Recommended Monday and Thursday)

Complete each set x reps before moving on to the next exercise

	Workout Description	Volume	Diagram
1.	Step up jumps	2x4 / leg	https://www.youtube.com/watch?v=U8ID-a2ZJ5Q Jump to max. height
2.	2 Leg Bounding	2x5	https://www.youtube.com/watch?v=3kSA9pm56NI Maximise jump and minimise time on ground
3.	Forward Lunge Squats	3x8 / leg	https://www.youtube.com/watch?v=L8fvypPrzsz
4a.	3 Variation Push-ups	3x8	1 set normal push-ups, 1 set RH 10cm in front of LH normal width, 1set LH 10cm in front RH
4b.	Australian Pull-Ups	3x8	https://www.youtube.com/watch?v=i9nzhgy2trA
5.	Core Complex: Otis sit-ups + Pelvic dragonfly curls	3x5	https://www.youtube.com/watch?v=7jAO01S54t0 https://www.youtube.com/watch?v=fhrkw1aaP8k 3:30-4:00

Workout 2 (Recommended Tuesday and Friday)

Complete each set x reps before moving on to the next exercise

	Workout Description	Volume	Diagram
1.	2-Foot Stair Jumps (3-4 stairs per jump)	2x4	https://www.youtube.com/watch?v=l7w8TNeFuls Aim for 4/5 stairs each jump and minimise contact time on each jump
2.	2D Line Hops	2x10m	https://www.youtube.com/watch?v=s2Vaf4SArPU Minimise contact time on ground
3.	Lateral Lunges	3x8 / leg	https://www.youtube.com/watch?v=O7vIDgKQtGQ
4a.	Single Leg RDL	3x8	https://www.youtube.com/watch?v=lnrRKga6rZc Use no weight or anything you can find
4b.	2D Plate Press	3x10	https://www.youtube.com/watch?v=XiB9sfu3fPk If you can't do the full exercise, jump up and just control your bodyweight down
5.	Core Complex: Otis sit-ups + Pelvic dragonfly curls	3x5 / ex	https://www.youtube.com/watch?v=7jAO01S54t0 https://www.youtube.com/watch?v=fhrkw1aaP8k 3:30-4:00

If you have any questions about these workouts, please don't hesitate to contact me via angussullivan.sc@gmail.com. Best of luck for your workouts!