

ROGERS VOLLEYBALL STRENGTH TRAINING PROGRAM

Week of August 10-Active Rest		Training Parameters				Week One			Week Two		
Day	Exercise	Week 1	Week 2	% 1 RM	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	ACTIVE REST-NO LIFTING										
2											
3											

Notes:

Superset Example: Do one set of 4a then one of 4b until finished
 Notice increase in weight %, last couple reps should be difficult; challenge yourself
 Record Weight in box given