

# RHS VOLLEYBALL SUMMER PROGRAM

## *Exercise Descriptions:*

### **Back Squat:**

- Position bar on back, lift elbows to create a "shelf" for the bar;
- hold chest up and out; look up slightly
- feet parallel and shoulder width apart (or wider), toes up and out
- look up slightly
- squat down while maintaining same torso position (chest up and out)
- **DO NOT** round the back
- go down until thighs are parallel to floor
- come up while maintaining torso position
- **DO NOT** lock knees
- **Front Squat:** Same as back squat, only bar is placed on the front of your shoulders, elbows lifted to create "shelf"

### **Lunge:**

- Keep lead knee directly over lead foot
- Trailing knee should come within 1-2 inches of floor
- Keep torso erect (as in squat)
- Forcefully push off the floor w/lead leg to come back to starting position
- Alternate legs

### **DB Step Up:**

- Box should be 12-18 inches high (create a 90 degree angle of the knee)
- Step up with lead leg, keeping torso erect (as in squat)
- Step off with same trailing leg
- Alternate legs

### **RDL's (Romanian Deadlift):**

- Feet placed parallel and shoulder width apart
- Grasp bar and stand erect (bar should rest on thighs)
- Allow the torso to slightly flex forward, lower bar to floor
- Keep knees slightly flexed and back flat
- Lower bar to just below your knees
- Come up while keeping your back flat and knees slightly flexed

### **DB Military Press:**

- Sit upright (preferably w/ back support)
- Press the dumbbells straight overhead
- Come down and touch the tops of your shoulders, repeat

### **Incline DB Flye:**

- Use a 45 degree incline bench, start with DB's above chest
- Slightly flex elbows, lower DB's in a wide arc until level with chest
- Pull DB's up in a wide arc, keeping DB's inline w/ elbows and shoulders

### **Lat Pull Down:**

- Lean torso slightly backward
- Grip should be wider than shoulder width
- Pull down to chest

### **Seated Row:**

- Maintain erect torso
- Keep elbows in, pull back and pinch shoulder blades together