

RHS VOLLEYBALL SUMMER PROGRAM

Biceps of Choice:

- Standing Barbell Curl
- Standing DB Curl
- Preacher Curl
- Seated Concentration Curl
- Hammer Curl
- Rope Curl (cable machine)
- Incline DB Curl
- Incline Hammer Curl
- One Arm DB Preacher Curl

Triceps of Choice:

- Lying Tricep Extension/Skullcrusher/French Curl
- Seated DB Tricep Extension
- One Arm DB Tricep Extension
- Tricep Pushdown (cable machine)
- Tricep Rope Pulldowns (cable machine)
- Tricep Kickbacks
- One Arm Reverse Pulldown (cable machine)

Core Exercises:

- Crunches
- Bent-Knee Crunches
- Straight Leg Crunches
- Bicycles-SLOW!
- Butt-Ups
 - Raise hips off floor w/ feet straight up, SLOW and CONTROLLED!
- Straight Leg Raises, On Floor or Off Bench
- Side-Lying Crunches
 - Lie on side, and raise torso
- Oblique Crunches
 - Twist up to opposite knee
- Windshield Wipers
 - Lie on back, and move straight legs from side to side, picture a windshield wipers movement
- Planks
 - Regular plank: Keep back/butt/shoulders all in one line
 - Side plank: Rest on one elbow, body all in one line
- Stability Ball:
 - Crunches
 - Oblique Crunches
 - Leg Raises
 - Off ball or with ball in between your feet (horizontal or vertical)
 - Back Extensions