

# ROGERS VOLLEYBALL STRENGTH TRAINING PROGRAM

Week of July 27th & Aug 3rd/Phase 4		Training Parameters				Week One			Week Two			
Day	Order	Exercise	Week 1	Week 2	% 1 RM	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	1a	Back Squat	4 x 6	4 x 6	85-90%	3 min.						
	2a	RDL's	4 x 6	4 x 6	85-90%	3 min.						
	3a	Incline DB Press	4 x 6	4 x 6	85-90%	3 min.						
	3b	Seated Row	4 x 6	4 x 6	85-90%	3 min.						
	4a	Core Exercises (2-3 Ab, 1 lower back)										
	5a	Front & Lateral Raises	2 x 12	2 x 12	65%							
2	1a	Lunges w/Barbell	4 x 6	4 x 6	85-90%	3 min.						
	2a	DB Shoulder Press	4 x 6	4 x 6	85-90%	3 min.						
	3a	Lat Pull Down (front)	4 x 6	4 x 6	85-90%	3 min.						
	4a	Triceps of Choice	4 x 6	4 x 6	85-90%	3 min.						
	4b	Biceps of Choice	4 x 6	4 x 6	85-90%	3 min.						
	5a	Core Exercises (2-3 Ab, 1 lower back)										
3	1a	DB Step Ups	4 x 6	4 x 6	85-90%	3 min.						
	2a	Leg Curls	4 x 6	4 x 6	85-90%	3 min.						
	3a	Incline DB Flye	4 x 6	4 x 6	85-90%	3 min.						
	3b	Rear Deltoid Flye	4 x 6	4 x 6	85-90%	3 min.						
	4a	Core Exercises (2-3 Ab, 1 lower back)										
	5a	Front & Lateral Raises	2 x 12	2 x 12	65%							

**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

Parent Signature Upon Completion \_\_\_\_\_

Date \_\_\_\_\_

ALEASHA WILLIAMS  
[aleashaj@hotmail.com](mailto:aleashaj@hotmail.com)  
 APRIL 27, 2009