

# ROGERS VOLLEYBALL STRENGTH TRAINING PROGRAM

Week of June 8th & 15th-Phase 1		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	2 x 12	2 x 12	65-67%	30-60s						
	2a	RDL's	2 x 12	2 x 12	65-67%	30-60s						
	<b>3a</b>	Incline DB Press	2 x 12	2 x 12	65-67%	30-60s						
	<b>3b</b>	Seated Row	2 x 12	2 x 12	65-67%	30-60s						
	4a	Core Exercises (2-3 Ab, 1 lower back)										
2	5a	Front & Lateral Raises	2 x 12	2 x 12	65%							
	1a	DB Lunge	2 x 12	2 x 12	65-67%	30-60s						
	2a	DB Shoulder Press	2 x 12	2 x 12	65-67%	30-60s						
	3a	Lat Pull Down (front)	2 x 12	2 x 12	65-67%	30-60s						
	<b>4a</b>	Triceps of Choice	2 x 12	2 x 12	65-67%	30-60s						
3	<b>4b</b>	Biceps of Choice	2 x 12	2 x 12	65-67%	30-60s						
	5a	Core Exercises (2-3 Ab, 1 lower back)										
	1a	DB Step Ups	2 x 12	2 x 12	65-67%	30-60s						
	2a	Lying Leg Curls	2 x 12	2 x 12	65-67%	30-60s						
	<b>3a</b>	Incline DB Flye	2 x 12	2 x 12	65-67%	30-60s						
4	<b>3b</b>	Rear Deltoid Flye	2 x 12	2 x 12	65-67%	30-60s						
	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**  
**Weight should be really light, enough to finish 12 reps, last couple reps difficult. Lower weight means less rest in between sets.**  
**Record Weight in box given**

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

Date \_\_\_\_\_

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