

ROGERS VOLLEYBALL STRENGTH TRAINING PROGRAM

Week of June 22nd & 29th-Phase 2		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	Front Squat	3 x 10	3 x 10	70-75%	90s-2min						
	2a	RDL's	3 x 10	3 x 10	70-75%	90s-2min						
	3a	Incline DB Press	3 x 10	3 x 10	70-75%	90s-2min						
	3b	Seated Row	3 x 10	3 x 10	70-75%	90s-2min						
	4a	Core Exercises (2-3 Ab, 1 lower back)										
	5a	Front & Lateral Raises	2 x 12	2 x 12	65%							
2	1a	Leg Press	3 x 10	3 x 10	70-75%	90s-2min						
	2a	DB Shoulder Press	3 x 10	3 x 10	70-75%	90s-2min						
	3a	Lat Pull Down (front)	3 x 10	3 x 10	70-75%	90s-2min						
	4a	Triceps of Choice	3 x 10	3 x 10	70-75%	90s-2min						
	4b	Biceps of Choice	3 x 10	3 x 10	70-75%	90s-2min						
	5a	Core Exercises (2-3 Ab, 1 lower back)										
3	1a	Lateral DB Step Ups	3 x 10	3 x 10	70-75%	90s-2min						
	2a	Lying Leg Curis	3 x 10	3 x 10	70-75%	90s-2min						
	3a	Incline DB Flye	3 x 10	3 x 10	70-75%	90s-2min						
	3b	Rear Deltoid Flye	3 x 10	3 x 10	70-75%	90s-2min						
	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 Week Two-You have Next Week Off
 Record Weight in box given

Parent Signature Upon Completion _____

Date _____

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