Österreichischer Volleyball Verband

ZWEITE QUARANTÄNE. WOCHE 7.

MONTAG

	EXERCISE	SETS	REPS	RECOVERY
1	NATURAL LEG EXTENSIONS	3	8	60 seconds
2	DECLINE PUSH UPS	3	8	60 seconds
3	CHIN UPS	3	5	60 seconds
4	KNEELING GOOD MORNINGS	3	8	60 seconds
5	BACKPACK Z PRESSES	3	8	60 seconds
6	BENT OVER RESISTANCE BAND ROWS	3	8	60 seconds
7	BACKPACK CURLS	3	8	60 seconds
8	FLOOR DIPS	3	8	60 seconds
9	WINDSHIELD WIPERS	3	6 per side	60 seconds
10	SEATED CRUNCHES	3	12	60 seconds

DIENSTAG

MODERATE DISTANCE SPRINTS
Warm Up: 1 km Jog. Slow tempo
Main: 100/200/300/200/100 @80% max speed with 1:30 minute pause.
Cool Down: 1 km Jog. Slow tempo + Stretch

MITTWOCH

SPARTAN WORKOUT (NON STOP)
Two min jumping jacks One-min push-ups
Two min jumping jacks One-min step-ups
Two min jumping jacks One-min planks
Two min jumping jacks One-min glute bridges
Two min jumping jacks One-min air squats
Two min jumping jacks One-min sit ups
Two min jumping jacks One-min back extensions
Two min jumping jacks One-min lunges
Two min jumping jacks One-min planks
Two min jumping jacks One-min burpees

DONNERSTAG

CARDIO LONG DISTANCE
Between 60 to 75 minutes Jogging. 140-160 Heart Rate.
Cool Down: Stretch

FREITAG

	EXERCISE	SETS	REPS	RECOVERY
1	HIP THRUST	3	10	60 seconds
2	SPIDERMAN PUSH UPS	3	8	60 seconds
3	BODY ROW	3	8	60 seconds
4	BOX JUMPS	3	10	60 seconds
5	HANDSTAND PUSH UPS *	3	5	60 seconds
6	BAND FACE PULLS	3	8	60 seconds
7	BACKPACK REVERSE CURLS	3	6	60 seconds
8	OFFSET PUSH UPS	3	4 per side	60 seconds
9	FLUTTER KICKS	3	10 per leg	60 seconds
10	INCHWORMS	3	5	60 seconds

* ALTERNATIVE: PIKE PUSH UPS