



• *Sport Physiotherapy*  
 • *Orthopaedic Rehabilitation*  
 • *Training*

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Posture  
 Cylinder & Bucket  
 3 Points of Contact  
 Stacked

<b>SASK Volleyball U13-15</b>		<b>SETS</b>	<b>REPS</b>	<b>TEMPO</b>
<b>June 23rd 2020</b>				
<b>A1</b>	March A	1	8 side	CONTROL
<b>A2</b>	Skip A	1	8 side	CONTROL
<b>A3</b>	March B	1	8 side	CONTROL
<b>A4</b>	Lunge to A	1	4 side	CONTROL
<b>A5</b>	Side Lunge	1	4 side	CONTROL
<b>REST - 2 MINUTES</b>				
<b>B1</b>	Cat Cow	3	4	CONTROL
<b>B2</b>	Hip Rock Back	3	8	CONTROL
<b>B3</b>	Bird Dog	3	4 side	CONTROL
<b>B4</b>	Deadbug	3	4 side	CONTROL
<b>B5</b>	Glute Bridge	3	8	CONTROL
<b>REST - 2 MINUTES</b>				
<b>C1</b>	Squat	3	8	CONTROL
<b>C2</b>	Squat Jump	3	4	CONTROL
<b>C3</b>	Bent Over Row	3	8	CONTROL
<b>C4</b>	Chest Press on Floor Feet Up	3	8	CONTROL



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Warm Up

March A

Skip A

March B

1/2 Kneeling Hover to  
stand w/ rotation

<b>SASK Volleyball U13-15</b>		<b>SETS</b>	<b>REPS</b>	<b>TEMPO</b>
<b>July 21st 2020</b>				
<b>A1</b>	4 Point Hip Rock Back	3	12	CONTROL
<b>A2</b>	Glute Bridge with Hands in W	3	12	CONTROL
<b>A3</b>	Standing Hip Hinge	3	12	CONTROL
<b>A4</b>	Single Leg Hip Hinge Hold	3	3 side	CONTROL
<b>REST - 2 MINUTES</b>				
<b>B1</b>	Mid Tubing Squat Row or DB Squat to Bent Over Row	3	8	CONTROL
<b>B2</b>	Side Step to Jump	3	6	CONTROL
<b>B3</b>	DB or Tubing Shoulder Press in Full Kneeling	3	8	CONTROL
<b>B4</b>	DB or Tubing Alt. Chest Press with Feet Up	3	6 side	CONTROL
<b>REST - 2 MINUTES</b>				
<b>C1</b>	Alt. Marching A in Push Up	2	6 side	CONTROL
<b>C2</b>	Alt. Marching A in Reverse Plank	2	6 side	CONTROL