



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

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Posture
 Cylinder & Bucket
 3 Points of Contact
 Stacked

SASK Volleyball U16-18		SETS	REPS	TEMPO
June 23rd 2020				
A1	March A	1	8 side	CONTROL
A2	Skip A	1	8 side	CONTROL
A3	March B	1	8 side	CONTROL
A4	Lunge to A	1	4 side	CONTROL
A5	Side Lunge to A	1	4 side	
REST - 2 MINUTES				
B1	Squat	3	8	CONTROL
B2	Squat Jump	3	4	CONTROL
B3	Weighted Bent Over Row	3	8	CONTROL
B4	Weighted Chest Press on Floor Feet Up	3	8	CONTROL
REST - 2 MINUTES				
C1	1/2 Kneeling Rotation	2	6 side	CONTROL
C2	1/2 Kneeling Shoulder Press	2	6 side	CONTROL
C3	Pivot Steps	2	6 side	CONTROL
C4	Hip Hinge Hold Shift to Single Leg Hold	2	2 side	CONTROL



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Warm Up
 March A
 Skip A
 March B
 Skip B

1/2 Kneeling Hover to March A with Rotation

SASK Volleyball U16-18		SETS	REPS	TEMPO
July 21st 2020				
A1	4 Point Hip Rock Back	3	12	CONTROL
A2	Glute Bridge	3	12	CONTROL
A3	Weighted Deadlift	3	8	CONTROL
A4	Single Leg Hold in Deadlift	3	3 side	CONTROL
REST - 2 MINUTES				
B1	DB 1 Arm Bent Over Row + Rotate	3	6 side	CONTROL
B2	DB Alt. Chest Press Feet Up	3	6 side	CONTROL
B3	DB Bent Over W Hold	3	20s	CONTROL
B4	DB 1 Arm Shoulder Press in 1/2 Kneeling to March A	3	4 side	CONTROL
REST - 2 MINUTES				
C1	Monster Walks Fwd/Bwd	2	6 side	CONTROL
C2	Monster Walks Sideways	2	6 side	CONTROL
C3	Pivot Steps	2	6 side	CONTROL