



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

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WORKOUT INTENSITY GOAL

RPE

Percent 1RM

	SASK Volleyball U17 August 2020	SETS	REPS	TEMPO
	WARM-UP			
A1	March A - Skip A - Run A	1	10	CONTROL
A2	March B - Skip B	1	10	CONTROL
A3	Jump & Stick Fwd/Bwd/Sideways	1	4/direction/leg	CONTROL
A4	Bear to Down dog	1	8	CONTROL
A5	TS Side Steps	1	6 side	CONTROL
A6	TS Diagonal Steps	1	6 side	CONTROL
A7	TS Pivot Steps	1	6 side	CONTROL



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SASK Volleyball U17 June 2020		SETS	REPS	TEMPO
Strength				
A1	1/2 kneeling - lift knee - to stand-up to March A	2	4	CONTROL
A2	Single leg HOLD	2	30/60sec	CONTROL
A3	Forward//Side Lunges	2	4	CONTROL
A4	Forward//Side Jump and Stick	2	4	CONTROL
REST - 2 MINUTES				
B1	High Tubing Rev Grip Pull to Chest in Squat	2	8	CONTROL
B2	High Tubing Chest Press in Squat	2	8	CONTROL
B3	Mid Tubing Row in March A	2	8	CONTROL
B4	Low Tubing Shoulder Press in High Kneeling	2	8	CONTROL
REST - 2 MINUTES				
C1	Weighted Front Squats	3	8	CONTROL
C2	Squat Jump HOLD	3	3	CONTROL
C3	Clean Prep	3	4	CONTROL
REST - 2 MINUTES				
D1	High Cable Straight Arm Pull to Waist in March A	2	6 side	CONTROL
D2	Mid Cable T to W Row in March A - foot on box	2	6 side	CONTROL
D3	Mid Tubing March A in Chest Press Hold	2	6 side	CONTROL
D4	Rev incline Plank March A	2	6 side	CONTROL



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Strength				
A1	Weighted Split Deadlift	3	6 side	CONTROL
A2	BB/Dowel Deadlift to Toes - Jump - Clean	3	6	CONTROL
A3	Jump down - Jump Up (with tspine rotation in air)	3	4	CONTROL
REST - 2 MINUTES				
B1	High Tubing W Pull in Long Lunge	2	6 side	CONTROL
B2	High Tubing Straight Arm Pull to Waist in Bridge	2	12	CONTROL
B3	High Tubing 1 Arm Chest Press in Squat w/ Tspine Rot	2	6 side	CONTROL
B4	Mid Tubing Squat Row	2	12	CONTROL
B4	Mid Tubing Molly in March A	2	6 side	CONTROL
REST - 2 MINUTES				
C1	Weighted Side Lunge to A	2	6 side	CONTROL
C2	Mid Resisted & Assisted Side Jump & stick - Jump Up (there/back)	2	3 side	CONTROL
C3	Resisted Half Kneeling Hover to Stand w Rotation	2	4 side	CONTROL
REST - 2 MINUTES				
D1	DB Alt Bench Press with Feet Up	2	6 side	CONTROL
D2	DB 1 Arm Row in Long Lunge	2	6 side	CONTROL
D3	DB Bicep Curl to Shoulder Press in March A	2	6 side	CONTROL
D4	DB T Row in Parallel Deadlift	2	12	CONTROL



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Strength				
A1	Weighted Deadlift	3	8	CONTROL
A2	Dowel Front Squat	3	8	CONTROL
A3	BB/Dowel Clean	3	6	THINK FAST
A4	Step down to Jump to Lateral Jump + Stick	3	3 side	CONTROL
REST - 2 MINUTES				
B1	DB Bench Press Hip Drive	3	6	THINK FAST
B2	Mid Tubing Squat Jump Row	3	6	THINK FAST
B3	DB Squat to Shoulder Press	3	6	THINK FAST
B4	High Tubing Straight Arm Pull to Waist - Toes to Hinge	3	6	THINK FAST
REST - 2 MINUTES				
C1	Weighted Bulgarian Split Squat	3	6 side	CONTROL
C2	Resisted Band Squat to Stride	3	6 side	CONTROL
C3	Pivot Step, Gather, Jump	3	4 side	CONTROL
REST - 2 MINUTES				
D1	DB Bent Over 1 Arm Row + Rotate	2	6 side	CONTROL
D2	Resisted/Assisted Thoracic Rotation in Half Kneeling	2	6 side	CONTROL
D3	T Spine Rotation in Long Lunge (one hand on chair)	2	6 side	CONTROL
D4	Side Lying T Spine Rotation	2	1 min	CONTROL