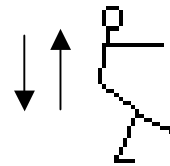
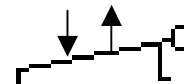


**Matchpoint Volleyball**  
**Physical Training – Foundation**

1 Single leg squat x 10 each leg



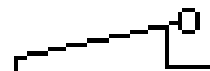
2 Push ups x 15



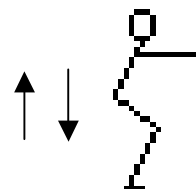
3 Calf raise x 15



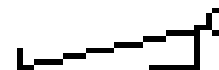
4 Front abs – hold for 30 secs



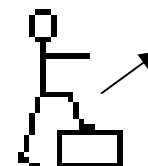
5 Double leg squat x 15



6 Back abs – hold for 30 secs



7 Step ups alternate leg leads x 20



8 Obliques – hold for 30 secs each side



**FOUR SETS EVERY OTHER DAY**