

Lang Volley's Foundational Strength & Mobility Workout Card (3x per week)

Warm-Up / Mobility (8-10 mins):

1. Arm Circles & Upper Body Banded Star Drill - (6 reps each direction, both exercises)

- For Star Drill: Palms down, core engaged, pull from shoulder blades.
- No shrugging. Squeeze shoulder blades like a pencil between them.

2. Wall Angels w/ Circle Band on legs (optional) - (10 slow reps)

- Knees bent slightly. Feet 6-12" from wall. Back flat on the wall, arms move slow & smooth. Feel stretch around shoulder blades. Thumbs brush wall.

3. Cat-Cow + Thread the Needle- (2 sets – 5 each side)

- Inhale: Drop belly & lift chest. Chest forward, gaze up, arm opens. Exhale: round spine, tuck tailbone, thread arm under armpit, shoulder to ground.

4. Butt Kick + Side Lunge + Overhead Reach - (12 total - slow)

- Heel to glute → step wide → deep lunge → arms overhead.
- Control tempo. Add weight only if movement is clean.

5. Ankle Rocks + Toe Lifts - (2 sets – 15 reps)

- Half kneeling position. Knee drives over toes. Heel stays down. Rock back & forth.
 - Toe Lift - Standing or seated. Lift toes, engage shin. Hold at top. Lower in control.
-

Core Stability (6-8 mins):

1. Dead Bug Band Press w/ Volley or Long Band - (3 sets - 10 reps)

- Lie on your back, knees up, band anchored behind you at ground level. Press both hands straight up with the band under tension. Keep ribs down and low back flat. Extend the opposite arm/leg slowly. Return and switch sides. Stay tight through your core — no arching. Add double leg extension & pausing at extension (harder).

2. Birdog Band Row w/ Volley or Long Band - (2 sets - 8 reps per side)

- Anchor band low. Start on hands and knees. Grab the band with one hand. Extend the opposite leg back. Keep the spine flat and core tight. Row the band back, pulling elbow past ribs. Pinch shoulder blade. Resist twisting — hips stay level. Slowly return. Switch sides.

3. Side Plank w/ Circle Band Leg Abduction - (2 sets x 20 sec – 10 each side)

- Elbow under shoulder. Stack hips/knees/shoulders. Start with hips flexed. The top leg lifts small and strong. Drive hips forward and up. Hips stay high.

Upper Body / Arm Care (8–10 mins):

1. Band External Rotations w/ Volley or Long Band - (2 sets - 12 reps per side)

- Arm at 90°, elbow tight to ribs. Rotate forearm only. The shoulder stays packed, no shrugging. The upper arm stays in contact with your body.

2. Band T-Y-I Raises w/ Volley Band - (2 sets - 6 reps per side)

- Hook band chest height. Thumbs lead the movement. Move slow & controlled. Minimize spine movement by maintaining core engagement.

3. Band Scapular Retraction Rows w/ Volley Band - (3 sets -10 reps)

- Hook band chest height. Pinch shoulder blades together. Hands finish by ribs. Don't over-pull or shrug. Move slow & controlled.
-

Hip Strength & Mobility (8–10 mins):

1. Glute Bridge w/ Circle Band - (2 sets - 15 reps)

- Feet flat, knees push out, pelvis tucks under slightly, squeeze glutes. Don't arch—aim for a straight line from shoulders to knees at the top.

2. Monster Walks (Fwd + Rev) w/ Circle Band - (2 sets - 10 steps each way)

- Mini squat, toes forward, slight knee bend, knees out, chest slightly forward. Step wide. Resist the band snapping feet together.

3. Standing Hip Abduction w/ Circle - (2 sets x 12 per side)

- Stand tall, core tight, knees soft. No leaning. Circle band around ankles. Shift weight to one leg and kick/lift leg out to the side. Lead with your heel. Slow return.

4. Standing Hip Flexion Hold w/ Circle Band - (2 sets x 10 sec. hold)

- Stand tall with the band above your knees. Shift weight to one leg. Lift opposite knee high, toe up. Core tight, spine tall. Resist band pulling leg down. Hold 10+ seconds.
-

Integrated Strength / Movement Patterns (8–10 mins):

1. Band-Resisted Squats w/ Circle Band - (3 sets - 10 reps)

- Band above knees. Feet slightly wider than hips & turned outwards 5-10 degrees. Push knees out. Hips back, spine neutral, heels grounded.

2. Band Reverse Lunge to Knee Drive w/ Circle Band - (2 sets - 10 steps each)

- Control down, explode up. Drive knee to chest. Core braced, back upright.

3. Band Chop or Diagonal Pull w/ Volley or Long Band - (2 sets x 12 per side)

- High-to-low or low-to-high. Arms extended, rotate through torso, not hips. Control both directions. Core tight and drives the motion.