

Lang Volley's Off-Season Pro Workout Card

Build full-body strength, core stability, shoulder durability & explosive power.
2–4x per week. Rotate with Foundational Strength & Mobility if needed.
Warm Up First: Use Lang Volley's Volleyball Warm Up Card if needed

PHASE 1: ACTIVATION & STABILITY (Start Here – 1 Round Each)

- 1. Glute Bridge on Foam Roller – (12–15 reps)**
Feet on roller, push through heels, lift hips. Hold 2 sec at top.
Focus: Glutes, Hamstrings, Posterior Chain
 - 2. Side Band Pull Throughs – (10–12 reps each side)**
Anchor long band to low point. Rotate torso while pulling across hips.
Focus: Core rotation, obliques, glutes
 - 3. Forearm Plank on Stability Ball – (30–45 sec)**
Roll the ball forward and back slowly while keeping your body stiff.
Focus: Core control, shoulder stability
 - 4. Wall Angels (Seated or Standing) – (10–12 slow reps)**
Back flat to wall. Arms slide up & down. Object between knees for core.
Focus: Shoulder mobility, posture, scapular control
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PHASE 2: STRENGTH & CONTROL (2–4 Sets Depending on Training Day)

- 5. Single Arm Suitcase RDL (Barbell or Dumbbell) – (6–8 reps/side)**
Hold weight on one side, hinge at hips, keep torso stable.
Focus: Glute/hamstring strength, anti-rotation core
- 6. Barbell Deadlift to High Pull (Explosive) – (5–6 reps)**
Classic deadlift, then explode up, pulling elbows high & wide.
Focus: Power, hips, traps

- 7. Incline Dumbbell Bench Press** – (6–10 reps)
45° incline, control down, press up powerfully.
Focus: Upper chest, shoulders, pressing strength
 - 8. Back Squat (Barbell)** – (5–8 reps)
Sit low, knees out, brace core. Explode up.
Focus: Full-body power, legs, core stability
 - 9. Gorilla Row (Bench Assisted)** – (8–10 reps each side)
One hand on bench, wide stance, row dumbbell to ribs.
Focus: Lats, scapular control, upper back
 - 10. Standing Dumbbell Overhead Press (Heavy)** – (6–8 reps)
Core braced. Press evenly through both arms.
Focus: Shoulder strength & control
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PHASE 3: CORE & DURABILITY (Finisher – 1–2 Rounds)

- 11. Y Band Pulls (Long Band)** – (12–15 reps)
Pull the band into “Y” shape. Thumbs up. Keep scapulas stable.
Focus: Rotator cuff, scapular rhythm
 - 12. Toe Touch Crunches** (35 lb Plate) – (10–15 reps)
Lie on back. Legs straight up. Hold weight above chest. Crunch & reach.
Focus: Upper abs, overhead control
 - 13. Back Lying Arm Switch** (5 lb Weights) – (20 reps total)
Lie flat, arms extended, alternate raising each one.
Focus: Shoulder integrity & coordination
 - 14. Barbell Calf Raises** – (15–20 reps)
Hold the barbell(s) across the back. Slow rise & control.
Focus: Ankle strength, explosive jump prep
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COOL DOWN: Use Lang Volley’s Post Practice/Workout Cool Down Card
Add foam rolling + diaphragmatic breathing (2–3 minutes).