

Lang Volley's Strong Legs & Back Workout Card

Goal: Build big, strong, explosive legs/back/core using compound lifts. I suggest not doing it in this exact order, but doing 1 jump/main/core, then 1 jump/main/core/etc.

Frequency: 2×/week (e.g., Mon & Thu)

Focus: Off-season or light jump weeks.

Day 1 – Lower Body Power:

Explosive Jump-Specific Work: (After warmup, before lifting)

1. Box Jumps – (3×5) - Land soft, absorb with hips. Reset fully between jumps

2. Broad Jumps – (3×5) - Swing arms, load hips. Stick landing soft & balanced.

3. Depth Jumps – (2×5) - Quick off the floor — minimize ground contact.

Main Lifts:

1. Back Squat – (4 sets x 5 reps)

- Chest up, drive knees out, push through heels. Brace core.

2. Single Leg Romanian Deadlift (Barbell/Dumbbell) - (3 sets x 8 reps)

- Weight close to shins, neck neutral, hinge hips back, lats tight, soft knees, squeeze glutes.

3. Bulgarian Split Squat (DB) – (3 sets x 8 reps each leg)

- Front knee over ankle, stay upright. Drop straight down, not forward. Back knee under hip.

4. Standing Calf Raise (Weighted) - (3 sets x 12 reps)

- Full stretch, explode up. Pause at the top for 1 second.

Core: Stability & Anti-Rotation: (After Lifting)

1. Pallof Press – (3 sets x 8 reps per side)

- Press straight out from the chest. Resist torso rotation.

2. Banded Anti-Rotation Hold w/ Step Out - (3 sets x 20 reps per side)

- Step slow, keep hips square, arms locked.

3. Plank w/ Shoulder Tap - (3 sets x 30 seconds)

- Core tight, hips level, tap slow. Widen feet slightly if hips rock.

Day 2 – Full Body Power

1. Trap Bar Deadlift – (4 sets x 5 reps)

- Hips & chest rise together, lock out. Push the floor away. Don't jerk bar. Finish tall, squeeze glutes at lockout.

2. Front Squat - (3 sets x 6 reps)

- Elbows high, sit tall, brace core as if someone is punching you.

3. Pull-Ups / Assisted Pull-Ups – (3 sets of max reps)

- Full hang. Lead w/ chest. Full hang to chin over bar. Don't shrug shoulders.

4. Barbell Row - (3 sets x 8 reps)

- Flat back, pull to ribs. Control the descent, don't bounce.

5. Kettlebell Swing - (3 sets x 12 reps)

- Hinge, don't lift w/ arms. Explode hips forward. Hips do the work.

Core: Rotational Power: (After lifting)

1. Med Ball Rotational Slam - (3 sets x 8 reps per side)

- Stable base, load hips & core, explosively rotate through hips/arms. Exhale on slam.

Scapular & Posterior Chain Durability: (finish with bulletproofing exercises)

1. Face Pulls (Band or Cable) – (3 sets x 12 reps)

- Pull band to face. Pull to ears, elbows high, finish with external rotation. Pull band/cable apart. Control return, don't let the band snap.

2. Y-T-W Raises (Light Weights)- (2 sets x 8 reps each position)

- Lie prone on an inclined bench or stand hinging forward. Move slow. Squeeze shoulder blades at each letter.

3. Band Pull-Aparts- (2 sets x 15 reps each position)

- Squeeze shoulder blades. Slow & controlled. Keep your arms straight & don't shrug your shoulders.