

INCREASE YOUR VERTICAL “PLAN 2” (VOLLEYBALL SPECIFIC)



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Here's a 10-week exercise plan tailored to help increase your vertical jump specifically for volleyball:

****Week 1-2: Foundation Building** (2-3 times a week)**

1. ****Squats:****

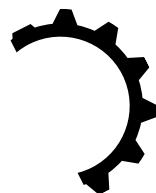
- 3 sets of 10 reps
- Focus on proper squat form with bodyweight or light weights.

2. ****Lunges:****

- 3 sets of 10 reps (each leg)
- Perform forward, reverse, and side lunges.

3. ****Calf Raises:****

- 3 sets of 15 reps
 - Use a step or an elevated surface for a full range of motion.
- ce is also a good idea.

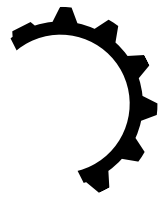


****Week 3-4: Strength and Power** (2-3 times a week)**

1. ****Goblet Squats:****
 - 3 sets of 10 reps
 - Hold a dumbbell or kettlebell close to your chest during squats.

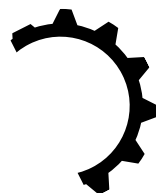
2. ****Step-ups:****
 - 3 sets of 10 reps (each leg)
 - Use a bench or sturdy surface.

3. ****Box Jumps:****
 - 3 sets of 8 reps
 - Focus on explosive jumps with proper landing.



****Week 5-6: Volleyball-Specific Drills**** **(2-3 times a week)**

1. ****Volleyball Blocking Jumps:****
 - 3 sets of 10 reps
 - Mimic blocking movements, including jumps, and reaching for the ball.
2. ****Agility Training:****
 - Include ladder drills, cone drills, and lateral movements.
3. ****Sprint Drills:****
 - Incorporate short sprints to improve your quickness.



****Week 7-8: Plyometrics and Explosiveness** (2-3 times a week)**

1. ****Depth Jumps:****

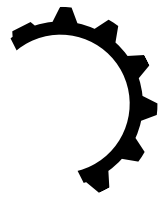
- 3 sets of 6 reps
- Step off a box, then explode into a vertical jump upon landing.

2. ****Bounding:****

- 3 sets of 10 reps
- Perform powerful, exaggerated strides covering maximum distance.

3. ****Squat Jumps:****

- 3 sets of 10 reps
- Jump as high as you can from a squatting position.



****Week 9-10: Power and Rest****

- Reduce the intensity and volume to allow your muscles to recover and consolidate gains.

- Throughout the program, maintain proper form, rest adequately between sets, and gradually increase the intensity as your strength and explosiveness improve. Dedication and consistent training are essential for achieving your vertical jump goals in volleyball. Consulting with a coach or trainer for personalized guidance is also a good idea.