



Core Body Work Out 8 Week Program

- 1) **Plank**- Assume a push-up position on the floor with your weight distributed on your tip toes and your forearms. Pull in your belly button and have your body positioned in a straight line like a plank of wood. **Do Not** let your body sag when you hold this position for the allotted time frame.
- 2) **Superman**- Lie on a mat in a face down position. Raise your arms and your legs off the floor, and carry your weight on your pelvis. Your body should be placed into a hyper-extension position with your back tightening. **Do Not** over extend your body to the point of pain or discomfort. Hold this position for the allotted time frame.
- 3) **Sit Ups**- Lie on your back on a mat. Place your feet on the floor and bend your knees to a 90 degree position. Place your hands on your knees. Slowly crunch up and raise your shoulders and back off the floor. Keep your eyes on a fixed point as your raise up from the floor. This should help prevent you from arching your neck to the point of pain. Slide your hands up over your knees until you are sitting, and then lower yourself slowly to the floor. Complete the specified number of sit-ups.
- 4) **Pelvis Tip**- Lie on a mat on your back. Place your hands on the floor by your side for balance and place your feet on the floor with your knees bent at 90 degrees. Slowly raise your hips from the floor until your body assumes a flat/straight position with your knees. Your shoulders should remain in contact with the mat. Hold this position for a second and then lower your hips to the floor. Complete the specified number of repetitions.
- 5) **Bicycle**- Lie on a mat on your back. Place your hands by the temples on your head. Bend your knees to 90 degrees and relax your feet on the mat. Crunch up to a flexed position and begin bicycling (just like riding a bike). Touch your left elbow to your right knee, and then alternate so your right elbow touches your left knee. **Do Not** curl your neck to the point of pain. Complete the specified number of repetitions.
- 6) **Leg Raise**- Lie on a mat on your back in a prone (flat) position. Legs should be straight and pinched together, and your arms should be relaxed by your side. Raise your legs together until the bottoms of your feet are pointed toward the ceiling, forming a 90 degree angle with the floor. From this position use your core to push your legs even higher into the air, with a quick thrust. Then lower your legs to the floor. Repeat this exercise until the specified number of repetitions have been met.

Note: **Do Not** hold your breath during any of these exercises! Inhale during the relaxation phase of an exercise and Exhaled during the work phase. These exercises should be completed at a rate of about 1 repetition per 1-2 seconds.



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by Coaches



- * Volleyball Drills
- * Nutritional Facts
- * Strength Training

Weeks 1 & 2			
Complete 3 Days/Week			
Exercise	Repetitions	Sets	Order
Plank	1 Hold 30 sec	2	Alternate
Superman	1 Hold 30 sec	2	Exercises
Sit- Ups	25	2	Alternate
Pelvis Tip	25	2	Exercises
Bicycle	25	2	Alternate
Leg Lifts	25	2	Exercises

Weeks 3 & 4			
Complete 3 Days/Week			
Exercise	Repetitions	Sets	Order
Plank	1 Hold 30 sec	3	Alternate
Superman	1 Hold 30 sec	3	Exercises
Sit- Ups	30	2	Alternate
Pelvis Tip	30	2	Exercises
Bicycle	30	2	Alternate
Leg Lifts	30	2	Exercises

Weeks 5 & 6			
Complete 4 Days/Week			
Exercise	Repetitions	Sets	Order
Plank	1 Hold 45 sec	3	Alternate
Superman	1 Hold 45 sec	3	Exercises
Sit- Ups	30	3	Alternate
Pelvis Tip	30	3	Exercises
Bicycle	30	3	Alternate
Leg Lifts	30	3	Exercises

Weeks 7 & 8			
Complete 4 Days/Week			
Exercise	Repetitions	Sets	Order
Plank	1 Hold 45 sec	4	Alternate
Superman	1 Hold 45 sec	4	Exercises
Sit- Ups	45	3	Alternate
Pelvis Tip	45	3	Exercises
Bicycle	45	3	Alternate
Leg Lifts	45	3	Exercises