



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
VOLLEYBALL

second edition



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Part I



Volleyball Specific Training

*With Weight Training, Knowledge is the
Key to Success*

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Volleyball*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round volleyball-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

The true importance of this book lies in the volleyball-specific programs in the front of the book. They were created for one reason and one reason only; to improve your volleyball-playing potential. They do this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for volleyball. Each program has been synergistically created to supply you with the advantage you will need to beat out your teammates and to outperform your opponents. By following the programs, you will build your muscles with strength and endurance as well as explosion, power, and agility. When the season begins, you will be physically prepared and mentally ready to compete at the highest of your potential.

The programs were constructed in such a way that you will be on the top of your game the day the season starts and you will be able to maintain your strength and power throughout the season. The off-season program is set up as a two-day split, four days per week, which means you train all of your muscle groups over the course of two training sessions followed by a rest day. The off-season is where you will build your foundation of strength and power. The preseason routine is designed to further enhance your physical abilities enabling you to peak with strength and power at the

onset of the season. And lastly, the in-season program is designed for the maintenance of your off-season gains without the risk of overtraining.

This book does not teach you how to play volleyball. It does not show you the best strategies to win a game, nor does it give you any tips to improve your specific skills. This book does, however, provide you with the best methods, programs, and strategies available to physically improve your body and maximize your volleyball-playing potential!

OFF-SEASON TRAINING

The off-season is the time in any sport to build up your muscles, become stronger, and more powerful. The off-season program consists of four different four-week routines cycled together to build both absolute strength and explosive power. The first and third routines are designed for you to put on size and strength while the second and fourth programs are designed for power and explosion.



After following the first two 4-week off-season programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs.

Variation is one of the keys to a great workout program. The most important reason to vary your routines is so you can continue making progress and gains. Your body will eventually adapt to any routine it's on, so it is very important to change routines once your gains have stopped and your strength has peaked. Four weeks is the most effective time period to follow any one routine. For more information on the importance of variation to weight training see the section *The Declaration of Variation*.

STRENGTH TRAINING

The stronger the vital areas of your body are, the better off you will be. Although some muscles are more important than others, every muscle in your body needs to be well trained. Five important aspects to strength training that the book provides:

Compound exercises: Each program contains many compound exercises, that is, an exercise (such as squats, bench presses, and lat pull downs) that trains two or more muscle Groups. Most exercise and strength-training experts agree that compound exercises are the most efficient exercises for building strength and size.

Great form: For the best results, use great form while training. Take at least two seconds on the eccentric (negative) phase of the lift and at least one second on the concentric (positive) phase of the lift. This slow, rhythmic movement builds your muscles up bigger and stronger than any other type of lifting.

Pyramid Method: Several exercises in the strength-building routines are structured in a pyramid method of sets and reps, which is another strength-building tactic designed to maximize your efforts in the gym. When using the pyramid method, you decrease the reps and increase the load with every set.

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