

The following are a couple of workouts that Reid Hall made available. Reid is a Canadian Olympian (both indoor and beach). It has links to demonstration videos.

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Date: Fri, Mar 20, 2020 at 8:09 AM

Subject: Enjoy this full at home vball workout

This is a tough time. The COVID-19 stress and the sitting all day can break you down both mentally and physically.

I want to help.

In times like these working out can be the best medicine (not for COVID-19 but for general health and sanity).

I have designed a full at home workout with video guidance for you to complete. All is ask in return is if you found this video helpful to please share it in your social media or with anyone if feel could benefit from it.

### **Today's Workout**

- A. Fast Feet- 5 sets, 5secs as fast as possible followed by 10secs rest
- B. Pogo Jumps- 5 sets, 8 jumps, 30secs rest
- C. Dynamic Block Jumps- 4 sets, 3 jumps each way, 45secs rest
- D1. Lunge Iso Hold- 3 sets, 25secs per side, 20secs rest
- D2. Pushups- 3 sets, 8 to 10 reps, 20secs rest
- D3. Monster Walks- 3 sets, 20 steps back followed by 20 steps forward, 20secs rest
- E1. Single Leg Glute Raise- 3 sets, 10 reps per side, 20secs rest
- E2. Band Pull A Parts- 3 sets, 10 reps, 20secs rest
- E3. Side Plank- 3 sets, 25secs per side, 20secs rest
- F1. Bird Dogs- 3 sets, 5 per side, 20secs rest
- F2. 1 Leg Calf Raise- 3 sets, 10 reps, 20secs rest

Get after it...

**[COVID - 19 Volleyball At Home Workout 1 | Full Body Strength](#)**

If you are looking for a good warm up to do prior to this workout then make sure to complete these 4 mobility drills....

Mobility Drill 1- High Plank to Downward Dog- 8 reps  
Mobility Drill 2- Spiderman Lunge + Thoracic Opener- 5 reps per side  
Mobility Drill 3- Quad Stretch to Side Lunge + Overhead Reach- 5 reps per side  
Mobility Drill 4- Side Lying Windmills- 5 reps per side

## 4 COVID 19 At Home Volleyball Mobility Drills

Stay safe and healthy!

Coach Reid