



Cardio Circuit

6 stations, 2:00 minutes at each station, 20 second rest between stations, 1 minute rest between rounds

Station 1: Blocking across the net

First round: single side step.

Second round: step cross over.

Station 2: Block, transition, approach footwork.
(opposite side of net)

Station 3: Perfect pass

Player passes an imaginary ball with perfect form, jogs to opposite side line squares up to the net, passes an imaginary ball with perfect form, repeat from side line to side line for the full 2 min.

Station 4: Burpees

Station 5: Around the outside of the court

Sprint the length of the sideline, jog the length of the endline

Stations 6: line hops

Frist round: ankles together hopping side to side over a line

Second round: ankles together hopping over a line front to back.