

Viper Volleyball's Quick Pre/Post Menu

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#	Sets	Reps	Duration	ECise
1	1	40		Standing Arm Circles
2	1	1	0:01:00	Sitting Floor Twist
3	1	10		Cats & Dogs
4	1	1	0:01:00	Runners Stretch
5	1	1	0:02:00	Airbench

Instructions:

Try and get these exercises done before and directly after a practice or game to prevent/reduce injury.

1

Standing Arm Circles

prepared for Viper Volleyball



Repeat this eCise 40 times

Instructions:

Stand facing mirror with your feet pointed straight ahead. Place your finger tips into the pad of each hand and point your thumb straight out. This hand position is imperative to the exercise being done correctly. It is called the Golfer's grip. Squeeze your shoulder blades together backwards and bring your arms out to your sides at shoulder level. With your palms facing downward, circle up and forward for the repetitions specified. With your palms facing upward, circle up and back for the desired repetitions. Remember to keep your feet straight and your shoulder blades squeezed together.

Purpose:

This exercise promotes bilateral lumbar function through thoracic stabilization.

2

Sitting Floor Twist

prepared for Viper Volleyball



Hold this eCise for 01 min.

Instructions:

Bend your right leg and cross it over the left leg. Take the left elbow and place it outside of the right knee while it is crossed over. You must roll your hips forward to create the arch in your low back. It is very important to hold this arch the entire time you are in this exercise. Now, twist your upper body to the right using your back muscles to rotate your spine. Turn your head to the right as you twist your back. Hold this position and breathe. Your straight leg is tightened and your toes are pulled back toward your knee. **HOLD** for desired time and repeat on other side.

Purpose:

This exercise promotes mid thoracic extension through rotation in a hip disparity

3

Cats & Dogs

prepared for Viper Volleyball



Repeat this eCise 10 times

Instructions:

1. Get on your hands and knees
 - * Be sure that your hips are directly above your knees and that your shoulders are directly above your hands
 - * Fingers should be pointed forward
2. For the Cat position: Pull your hips under, pull your head under and push your upper back to the ceiling to round your back up high
3. For the Dog position: Roll your hips forward to put an arch in your back, collapse your shoulder blades together and look up
4. Slowly move back and forth between the Cat and Dog positions
5. Repeat as directed on your menu

Notes:

- * Remember to drop your shoulder blades together in the Dog position
- * Exhale on Cat and inhale on Dog

Purpose:

This exercise promotes bilateral spine flexion and extension while loading the shoulder and hip joints.

4

Runners Stretch

prepared for Viper Volleyball



Hold this eCise for 01 min.

Instructions:

1. Kneel on the ground and place the back of your left heel to the front of the right knee
 - * Be sure that you are up on the toes of your right foot, with bottom of the foot pointing behind you
 - * Keep the left foot, right knee and right foot in line with each other
2. Stand up and begin bending over while rolling your hips back to place an arch into your lower back
 - * The heel of your right foot should now be on the ground
3. Tighten your thighs (quads) while relaxing your upper body
 - * Keep your weight on the inside of each foot and keep your lower back arched
4. Hold as directed on your menu
5. Switch sides and repeat

Purpose:

This exercise is designed to isolate the hamstrings under bilateral pelvic demand to promote coordination with the hip

5

Airbench

prepared for Viper Volleyball



Hold this eCise for 02 min.

Instructions:

1. Stand against a wall with your feet and knees hip width apart and your feet facing straight ahead
2. Walk your feet away from the wall while sliding down at the same time
 - * You should end up like you are sitting in a chair that isn't there
 - * Your hips are very slightly higher than your knees; your ankles are slightly ahead of your knees
 - * Your lower back should be completely flat against the wall
3. Hold this position and keep the weight in your heels

Notes:

- * Your hands and arms should be relaxed down at your sides or resting lightly on your lap
- * Once you have lowered yourself into a sitting position your lower back should be flat against the wall

Purpose:

Through this exercise, promotes proper function of the lower load joints while stabilizing the opposing pelvis.