In the summer before I left for college, I was preparing to play NCAA volleyball for my college volleyball team. My coaches had left me with workouts for strength training, conditioning, agility and more, and I had no idea how to approach it! I had never done weight lifting before, and the layout of the workouts, along with the exercises were unfamiliar. Kendra helped me decipher the workouts, and learn how to do the weight lifting. She pushed me throughout the summer, working out two times a week with her and one day on my own, doing workouts that she sent me. My goal was to be strong and ready for a whole new level of volleyball arriving at college. I was working to pass the conditioning test that was coming up at the beginning of the season. Kendra helped me achieve all these goals! Now after a few days of preseason, I have passed the conditioning test with flying colors, and I am having a great time playing with my new team! Working out with Kendra made the transition much easier, and was also a fun and rewarding experience in itself!