

## VOLLEYBALL WORKOUT

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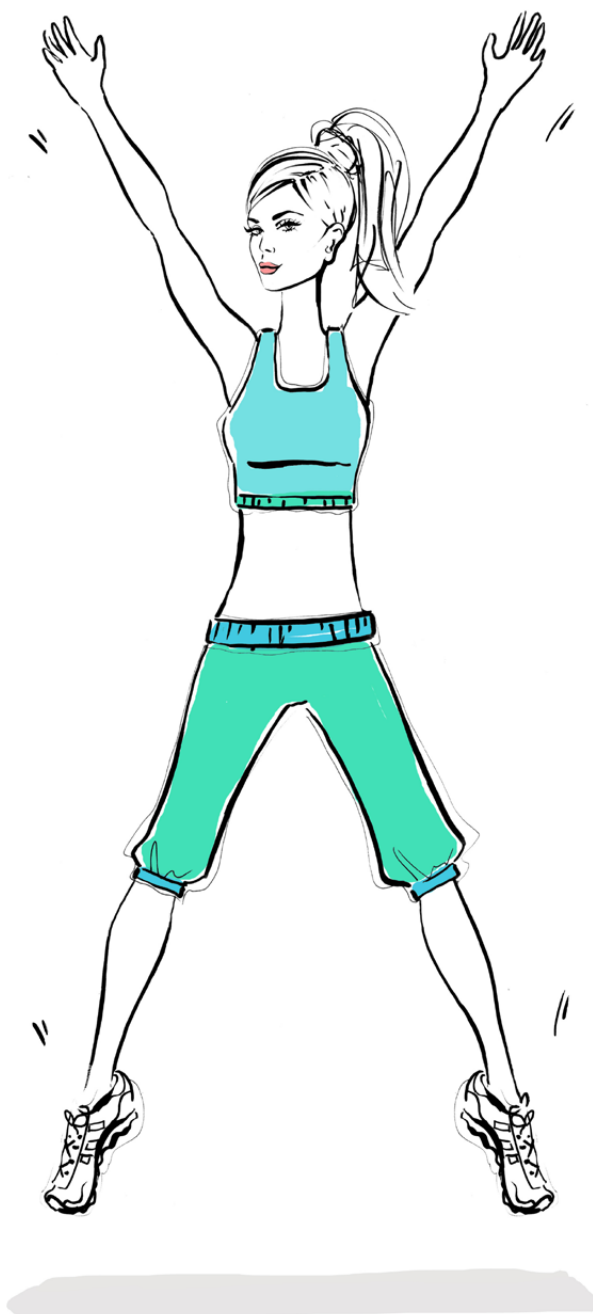
### **BURPEE JUMP**

Stand up straight, with your arms by your sides and your feet at shoulder width. Squat down and place your palms on the floor in front of you. Kick your legs back into a push-up position, and perform one push-up. Pull your legs back into a squat, then jump as high as you can, bringing your arms over your head.

Do 2 sets of 12 repetitions.

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# COVERGIRL®



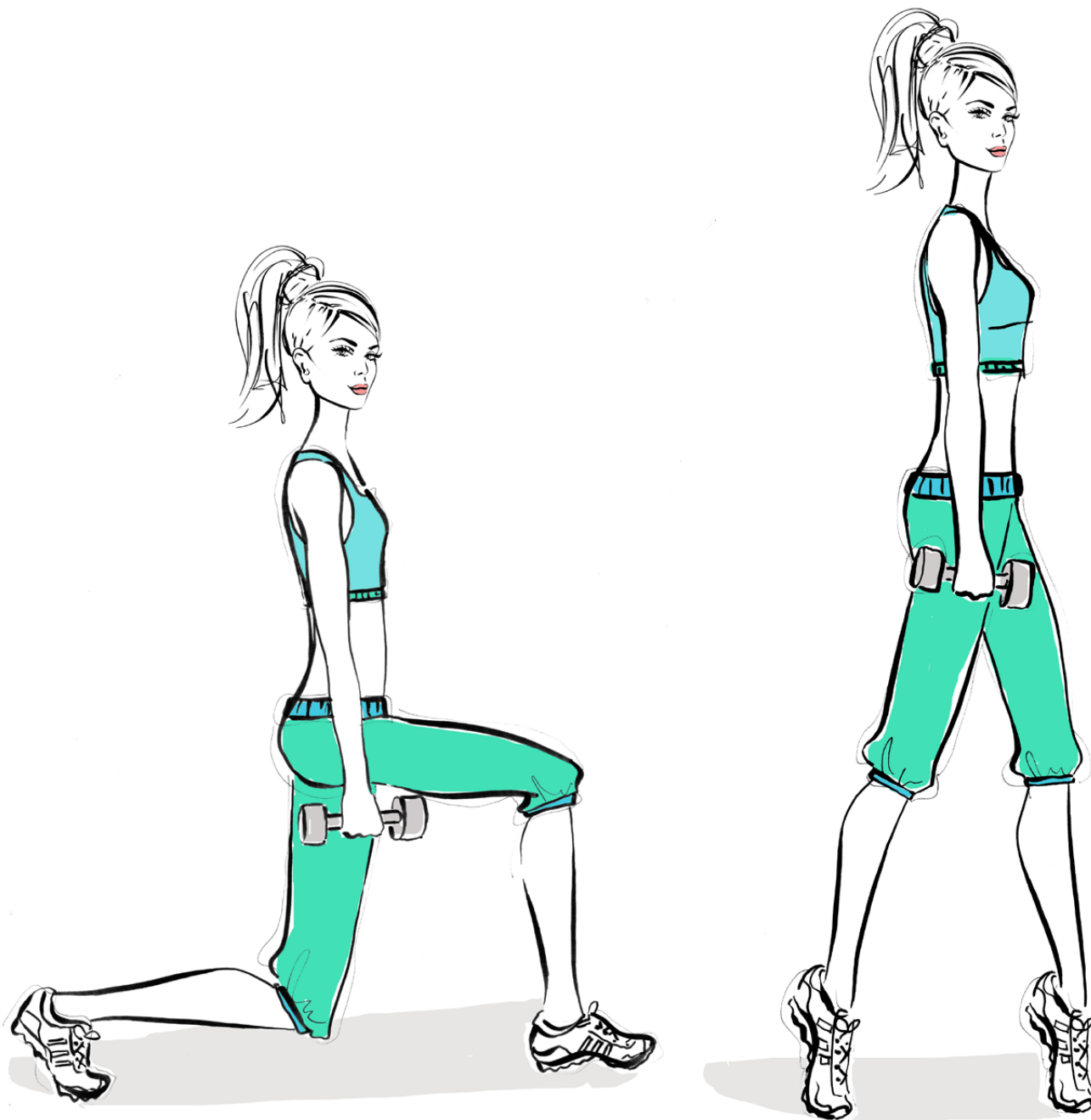
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### SHOOTING STAR JUMP

Similar to a jumping jack, but more explosive! Jump straight up and have your body for an “X.” Land with your feet together.

Repeat 25 times.



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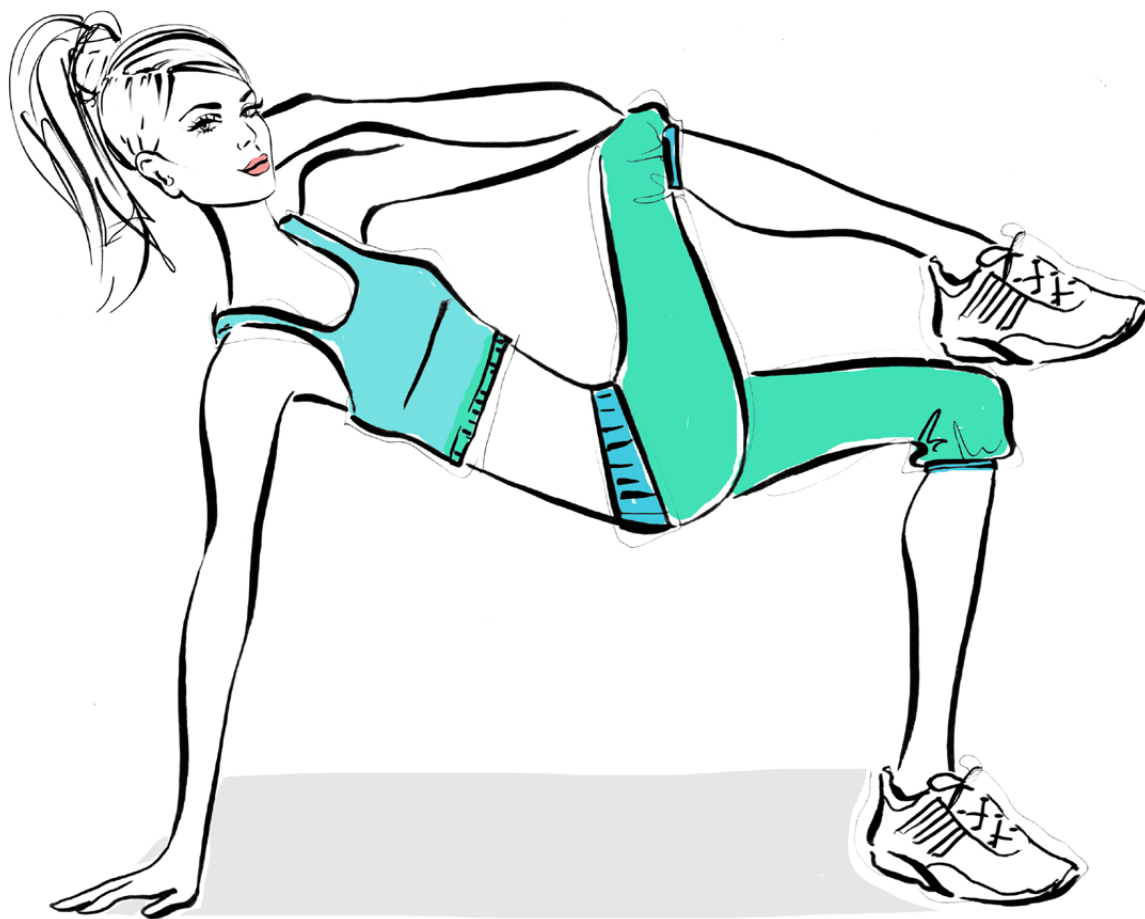
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### POWER JUMP

Hold a pair of 5-pound dumbbells against your sides with your palms facing in. With your right foot forward and left foot back, lower into a split squat. Push off the ground with your legs, getting as much air as you can while simultaneously switching your leg positions. Land with your left foot forward and your right foot back.

Do 2 sets of 12 repetitions.

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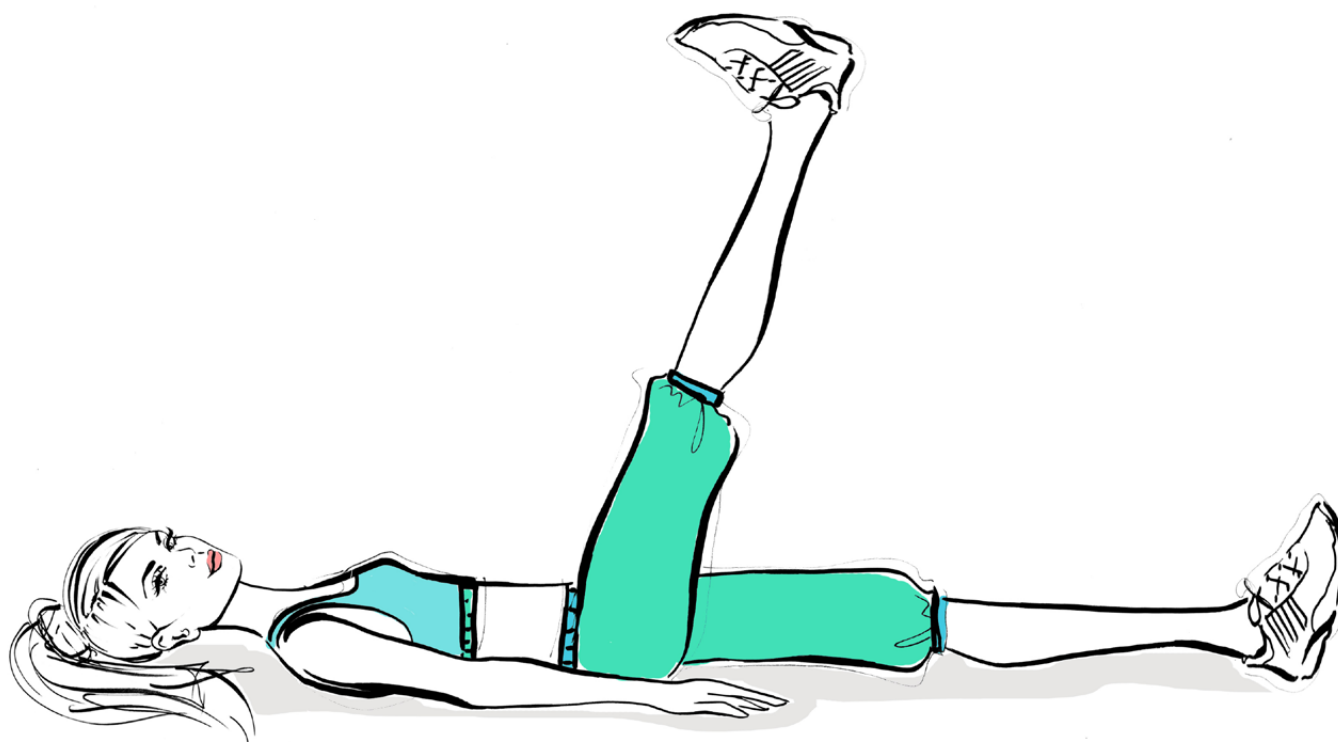
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### TABLETOP TWIST

In the tabletop position, raise your right knee to touch your left elbow by twisting your torso.

Do 2 sets of 12 repetitions.



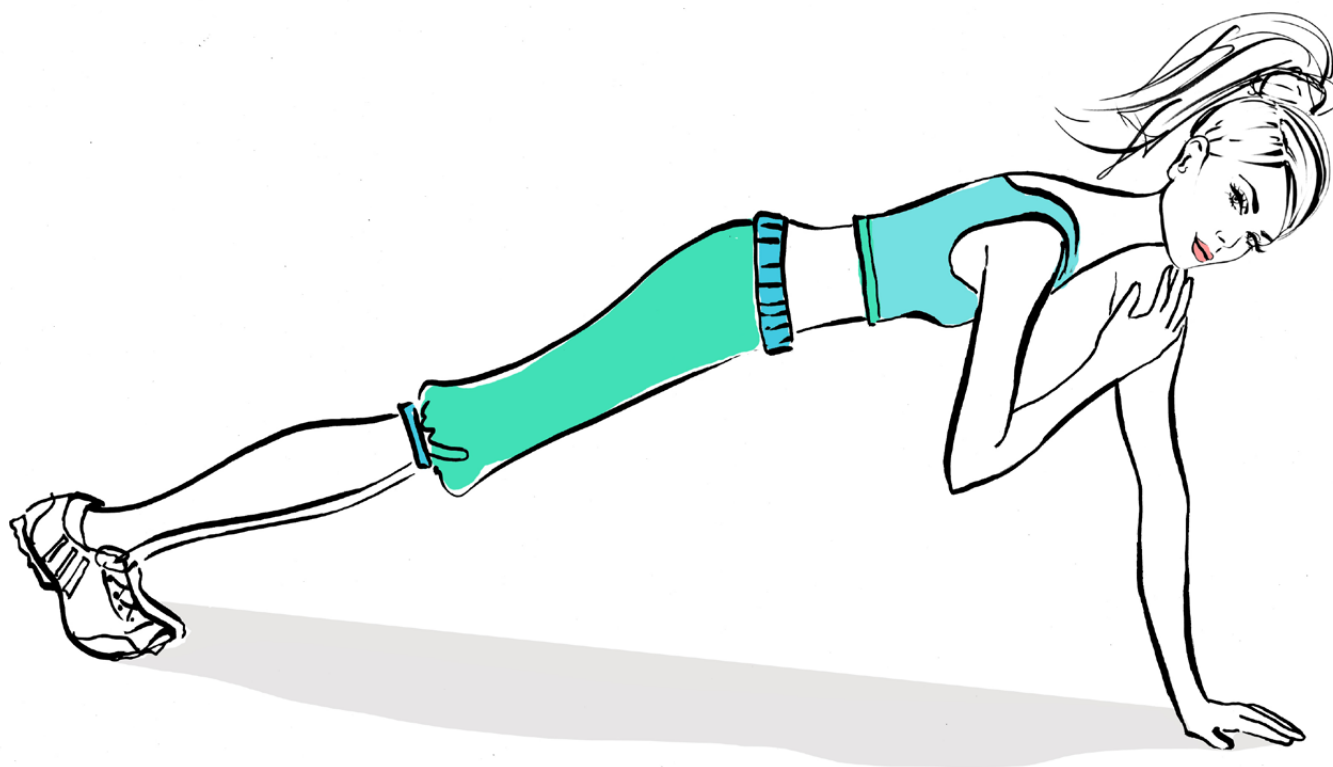
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### SCISSOR KICK

Lie on your back and place your hands, palms down, at your sides. Flex your feet and lift your right leg as high as you can. Lift your left leg four inches off the floor. Hold for 5 seconds and switch feet positions without touching the floor.

Do 2 sets of 12 repetitions.



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### PLANK TAP

Lie on your stomach and come up to the top of a push-up. Your feet should be together, with your arms slightly wider than shoulder width and straight. Touch your left hand to your right shoulder. Return your hand to the ground and touch your right hand to your left shoulder.

Do 2 sets of 24 repetitions (12 on each side).

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