

## Volleyball Specific Exercise Progression

Name of Athlete: \_\_\_\_\_ Date symptom-free: \_\_\_\_\_

	EXERCISE	DATE	COMPLETED / COMMENTS	
<b>Stage 1</b>	<p><i>Goal is to reach 30-40% of maximum heart rate</i></p> <p>Walking at 2.5 mph <b>or</b> Riding a stationary bike for 20-30 minutes.</p>		<b>YES</b> <b>NO</b>	<i>Supervisor's initials</i>
<b>Stage 2</b>	<p><i>Goal is to reach 40-60% of maximum heart rate</i></p> <p>Jogging (medium pace) for 20-30 minutes Sit-ups x 25, push-ups x 20, lunge walks x 20</p>		<b>YES</b> <b>NO</b>	<i>Supervisor's initials</i>
<b>Stage 3</b>	<p><i>Goal is to reach 60-80% of maximum heart rate</i></p> <p>Running (fast pace) for 20-30 minutes. Sit-ups x 50, push-ups x 30, lunge walks x 30. Volleyball-specific agilities such as defensive slides, zig-zag pattern running, line jumps/box jumps, etc for 15 minutes. Hitters may hit from set, but no defensive drills. No diving after balls. May practice serving drills, but not serve-receive. May practice setting.</p>		<b>YES</b> <b>NO</b>	<i>Supervisor's initials</i>
<b>Stage 4</b>	<p><i>Goal is to reach 80% of maximum heart rate</i></p> <p>Warm-up and stretch with team. Participate in team drills where players are on one side of the net only, limit defensive participation, do not dive. Burpees x 10</p>		<b>YES</b> <b>NO</b>	<i>Supervisor's initials</i>
	<b><i>Return for final office visit to obtain full clearance</i></b>			
<b>Stage 5</b>	<p><i>Goal is to reach full exertion.</i></p> <p>Participate in full-contact practice.</p>		<b>YES</b> <b>NO</b>	<i>Supervisor's initials</i>
<b>Stage 6</b>	<p><i>Goal is to reach &amp; maintain full exertion.</i></p> <p>Resume full participation in competition</p>		<b>YES</b> <b>NO</b>	<i>Supervisor's initials</i>