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Dynamic Warm Up For Volleyball 1

1) Jogging

Forward and Backward

5 to 8 Seconds Each Direction



4) Skipping

Forward and Backward

5 to 8 Seconds Each Direction



2) Jogging Throwing Punches

Forward and Backward

5 to 8 Seconds Each Direction



5) Skipping Straight Leg

Forward

5 to 8 Seconds Each Direction



3) Jogging High Knee Crossover

Forward

5 to 8 Seconds



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6) [Carioca High Knee](#)

Right and Left

5 to 8 Seconds Each Direction



9) [Backward Long Stride Reach](#)

5 to 8 Seconds



7) [Shuffle](#)

Right and Left

5 to 8 Seconds Each Direction



10) [Backward “DB Shuffle”](#)

5 to 8 Seconds



8) [Shuffle Straight Leg Lateral Swing](#)

Right and Left

5 to 8 Seconds



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11) Walking Lunge to Straight Leg Kick

Forward

5 to 7 Step both ways



12) Walking Backward w/ Flare Knee

3 to 5 Steps each leg



13) Walking High Knee Pull

Forward

3 to 5 Steps each leg



14) Frankenstein

4 or 5 Each Leg



15) Reverse Walking w/ Toe Touch Hold

5 to 7 Steps Each Leg



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16) [Single Leg T RDL](#)
5 to 7 Steps Each Leg



17) [Shuffle Drag Foot](#)
Right and Left
3 to 5 Steps Each Leg



18) [Long Stride Reverse Reach](#)
3 to 5 Steps each Leg



19) [Spiderman Crawl](#)
3 to 5 Steps Each Leg



20) [Lateral Shift Lunge](#)
3 to 5 Steps Each Leg



21) [Standing Arm Circles](#)
Forward and Backward
5 to 8 Seconds Each Direction



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22) [Neck Rolls](#)

10 reps



23) [Trunk Rolls](#)

5 Each Direction



24) [Trunk Twist](#)

5 Each Direction



25) [Hip Swings on Wall/Partner](#)

5 Side to Side Each Leg



26) [Toe Grab Squat](#)

5 to 10 reps



27) [Messier Squats](#)

5 reps Each Way



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28) Spread Eagle Leg Swings

5 Side to Side Each Leg



29) Bent Leg Hip Rotation

Legs Together 5 Each Way



30) Lying Up and Over

Leg together – 5 to 7 Seconds



31) Inverted Scissors

5 to 7 Seconds



32) Scorpion

5 Times Each Side Leg To Hand



33) Cat Cows on All Fours

5 Times Up and Down



34) Hip Circles on All Fours

5 Each Legs



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