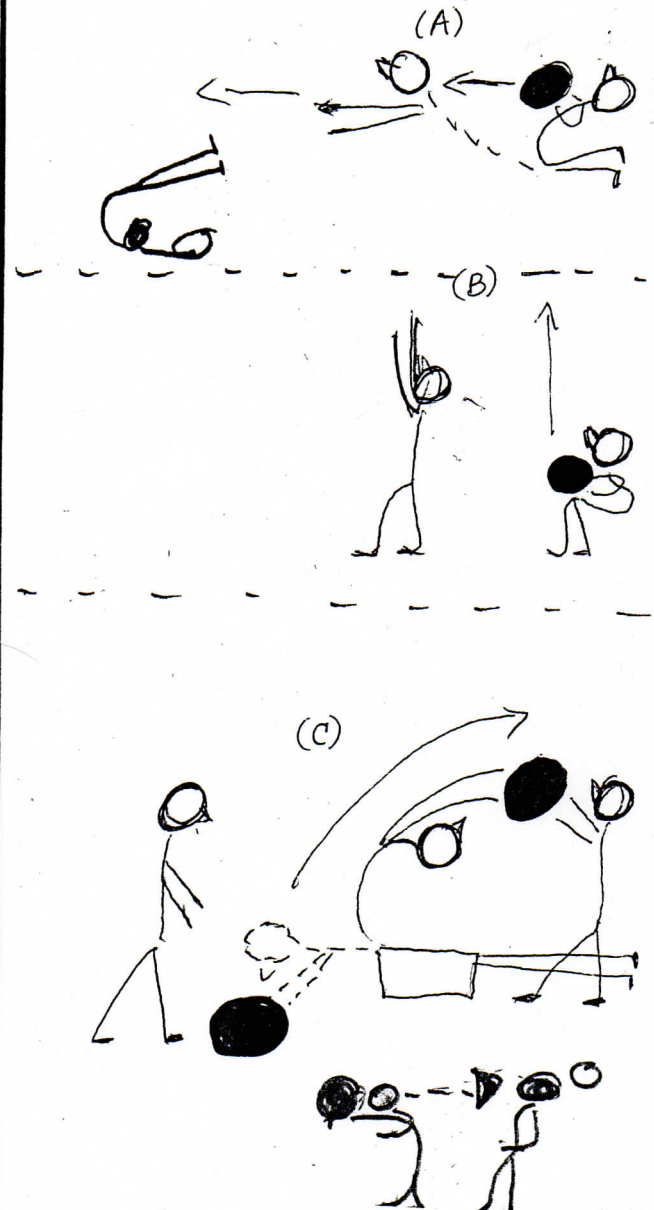
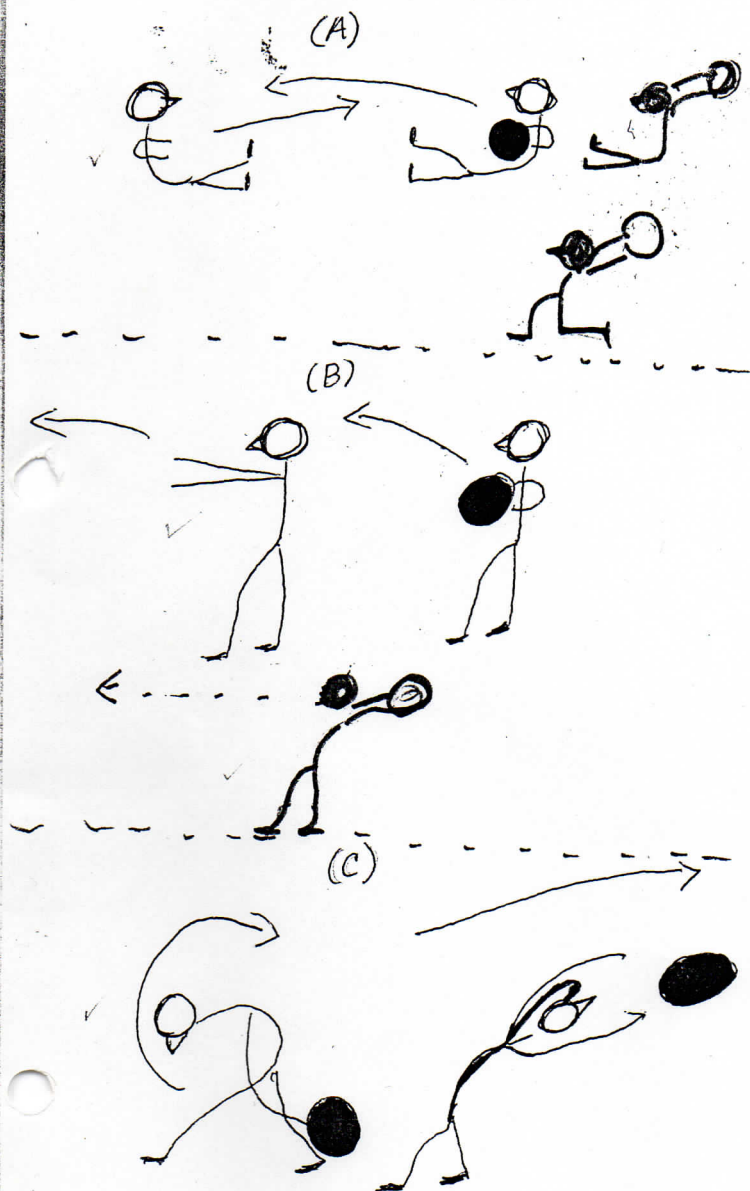


CONDITIONING FOR SETTERS

WLM

19

3x ? → to fatigue.



① BASKETBALL SETS — (1x25)
AGAINST WALL

② ARM-SPRINTS — (1x10)
(5 yds)

③ FINGER TIP PUSH-UPS — (4x25)

④ BALL SQUEEZE — (4x25)

⑤ HAND GRIPS — (4x25)

⑥ A Bucket of Rice — ?

⑦ Resistance training — any kind of TRICEP Exercise.

NOTE: Use 8lb to 10lb. medicine ball.

M. Dunphy/
H. Cohen
Pepperdine U.