

The Superman

Targeting multiple muscles, this workout strengthens your overall game



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EXERCISE

Bosu/Ball combo – Superman Pikes. (Equipment: Bosu Balance Trainer and Ballast Ball.)

WHAT IT WORKS

Entire body with a focus on the hip flexors, abs and shoulders

HOW IT HELPS YOUR GAME

The “Superman Pike” focuses on strengthening your whole body,

and it enhances strength and power for most volleyball moves. It requires a high level of body control and mental focus while you work through the different planes of motion. The mental and physical strength you’ll gain from this exercise will help many aspects of your game.

HOW IT WORKS

Place the Bosu on a flat surface with the flat side facing up. Establish a wide grip on the outer edge and position your chest over the center. Next, place one leg back so the middle of your shin is over the top of the ball. Once you feel balanced, tighten your core muscles and come to the start position by placing the other leg on the top of the ball. At first, just learning to balance on the Bosu and ball may be a good enough workout all by itself. Once you’re ready, roll your body back, bringing the ball closer to your waist. Focus on keeping

your balance while your arms extend away from the Bosu into the Superman position. For the last phase, roll back through the start position. Then, finish the movement by flexing your abs and hip flexors. That will allow you to pike at your mid-section and pull the ball closer to your hands using your feet and toes to grip the ball. Finally, return to the start position and repeat.

MAKING THEM EASIER

When you try this exercise for the first time, you can do the movement without using the Bosu Balance Trainer. Just place your hands on the ground. This gives you a more stable environment to perform the Superman and pike.

HOW MANY

Sets: 2-3
Reps: 5-10 (or until you’re fatigued.)

TEMPO

To maintain your balance, roll back more slowly during the first part of the movement as you’re going into the Superman. Increase the tempo when you begin rolling forward toward the pike.

Mike Morrison, a 6-6 left-side blocker originally from Detroit who now lives in Solana Beach, California, is a Top 40 player on the AVP Tour and a personal trainer. To learn more about Mike and his fitness program, go to www.mikemorrison.us.