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Robert dos Remedios

VOLEYBALL

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Volleyball**Level 2**

| Phase I | Week 1 | Week 2 | Week 3 | Week 4 |
|---------|--------|--------|--------|--------|
|---------|--------|--------|--------|--------|

| <i>Day 3</i> | | | |
|------------------------------|---|--------|-----------|
| Bar Complex II | 1 | 5 | n/a |
| Hang Snatch | 4 | 4 | Full rec. |
| Lateral Step-Up | 3 | 8 | 90 |
| Reverse Lower Back Extension | 3 | 10 | 60 |
| Reverse Incline Cuban Press | 3 | 10 | 60 |
| Knee-Tuck Jump Landing 4-Way | 4 | 5 | 60 |
| Bent-Arm Plank | 3 | 30 sec | 30 |
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