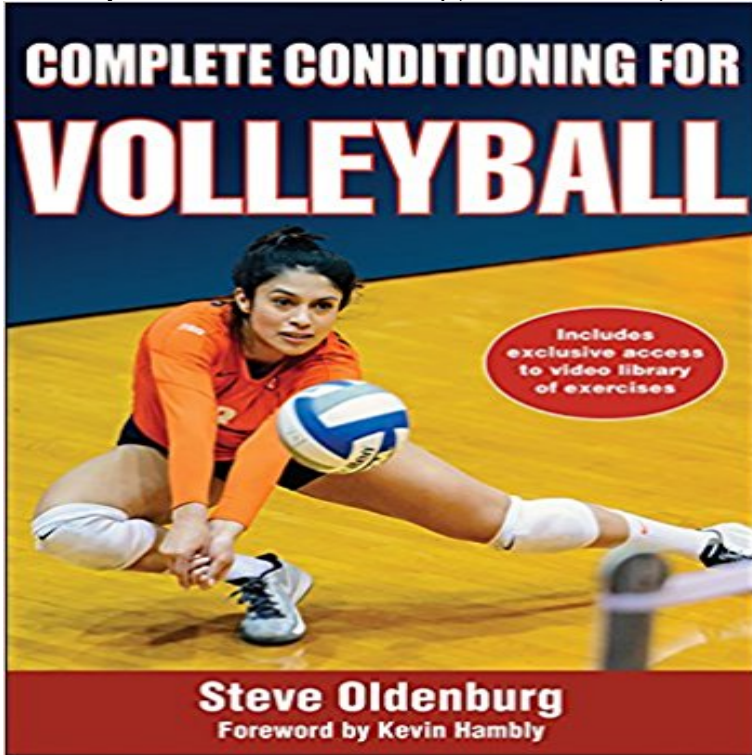


# Complete Conditioning for Volleyball



From more powerful attacks to higher block points at the net, you will reach new levels of performance on the court with Complete Conditioning for Volleyball. In this one-of-a-kind video-enhanced resource, University of Illinois volleyball and strength and conditioning coach Steve Oldenburg provides you with access to the elite-level training that has helped the Fighting Illini become one of the most powerful Division I programs in the country. In Complete Conditioning for Volleyball, you™ learn to evaluate your current conditioning level and use those results to construct an individualized training program that emphasizes the development of your weakest areas. Armed with 184 exercises, you™ be able to improve every aspect of your game to become an improved all-around player. Complete ready-to-use programs are included for immediate implementation for preseason, in-season, and off-season training. With the accompanying video-on-demand content, you™ have access to enhanced demonstration of 42 exercises to ensure proper execution and allow you to experience maximum benefits. Before you hit the court for your next match, add a copy of Complete Conditioning for Volleyball to your locker so you can become a dominant player on both ends of the court and lead your team to victory!

```
window.ue_csm.cel_widgets = [
    { id: detail-bullets }, { id:
featurebullets_feature_div }, {
id: summaryContainer }, { s:
```

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#revMHRL > DIV , id_gen:
function(elem, index) { return
custRev + (index + 1); } }, { id:
sims_fbt } , { id:
purchase-sims-feature } , { id:
session-sims-feature } , { id:
quickPromoBucketContent } , {
id: productDescription } , { id:
technicalSpecifications_feature_d
iv } , { id: prodDetails } , { id:
related_ads } , { id:
technical-data } , { id:
tagging_lazy_load_div } , { id:
consumption-sims } , { id:
moreBuyingChoices_feature_div
} , { id:
product-ads-feedback_feature_div
} , { id: DAcrT } , { id: vtpsims
} , { c: celwidget } , { id:
fallbacksessionShvl } , { id: rhf
} , { id:
unifiedLocationPopoverSelection
s } ]; (function(a){var
b=document.ue_backdetect;b&&
b.ue_back&&a.ue&&(a.ue.bfini=
b.ue_back.value);a.uet&&a.uet(b
e);a.onLdEnd&&(window.addEv
entListener?window.addEventList
ener(load,a.onLdEnd,!1):window.
attachEvent&&window.attachEve
nt(onload,a.onLdEnd));a.ueh&&a
.ueh(0,window,load,a.onLd,1);a.u
e&&a.ue.tag&&(a.ue_furl&&a.u
e_furl.split?(b=a.ue_furl.split(.))
&&b[0]&&a.ue.tag(b[0]):a.ue.tag
(nofls)))(ue_csm); var
ue_pty=Detail, ue_spty=Glance,
ue_pti=1450459714; v
(function(g,h){function
d(a,d){var b={};if(!e !f)try{var
c=h.sessionStorage;c?a&&(undefi
ned!==typeof
d?c.setItem(a,d):b.val=c.getItem(
a)):f=1 }catch(g){e=1 }e&&(b.e=1
);return b }var b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a
e?a=ET:(a=a.val,a (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e
(c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tab
id=a})(ue_csm>window);
(function(b,c){var

```

```

a=c.images;a&& a.length&&b.ue
count(totalImages,a.length)})(ue_
csm,document);
(function(m,h){function
I(a){if(a)return a.replace(/^//s+
//s+$/g,)}function
x(a,e){if(!a)return{ };a.m&&a.m[
k]&&(a=a.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&
&a.m.target&&a.m.target.tagNam
e?b+(Error handler invoked by
+a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+U
nknown error,b={ m:b,f:a.f
a.sourceURL a.fileName
a.filename
a.m&&a.m.target&&a.m.target.sr
c,l:a.l a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:
m.ue.d(),name:a.name,type:a.type
,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.l
ocation;d=a.stack
(a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_
err&&h.performance&&h.perfor
mance.timing&&(c=h.performanc
e.timing,f=window.performance&
&window.performance.now&&w
indow.performance.timing?windo
w.performance.now()+window.pe
rformance.timing.navigationStart:
+new
Date,b.ld=0l.mxe)}{l.ec++;l.ter.p
ush(a);e=e { };var b=a[p]
e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a,
e)} }function w(a,e){if(a){var
b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u
][v]){var c={ };c[d]=b;try{var
g=h[u][v]({ rid:ue.rid,sid:m.ue_sid
,mid:m.ue_mid,sn:m.ue_sn,reqs:[
c]}),f=h1,n;if(n!=(f[D]&&f[D])(E,
g))){var l;if(h[F]){var k=new
h[F];k.onerror=s;k.ontimeout=s;k.
onprogress=s;k.onload=s;k.timeo
ut=0;l=k}else{var p;if(h[G]){var
q=new h[G];p=withCredentialsin
q?q:void 0}else p=void

```

```

0;l=p}n=1}if(d=n){d.open(POST,
E,!0);if(d[H])d[H](Content-type,t
ext/plain);d.send(g)}catch(r){}
else
m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h
.console{};d=g.errorg.log
s;c=h[u];f=Errorloggedwiththe
Track&ReportJSerrors
API(http://tiny/1covqr6l8/wamazi
ndeClieUserJava):
;if(c&&c[v])try{f+=c[v](b)}catch
(t){f+=noinfoprovided;
convertingtostringfailed}else
f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomai
nRequest,N=navigator,D=sendBe
acon,v=stringify,u=JSON,p=logL
evel,q=attribution,y=pageURL,r=
skipTrace,H=setRequestHeader,k
=message,s=function(){},E=//+m.
ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.
ue_err_chan
jserr,z=FATAL,J=v6,A=20,t=256
,L=RegExp(?(^[s]*):(d+):d+
)?.split(
).join(String.fromCharCode(92))),
K=/.*@(.*):(//d*);x[r]=1;C[r]=1;
w[r]=1;(function(){for(var
a,e=0;e(function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&
&a&&(a=a.connection
a.mozConnection
a.webkitConnection)&&a.type&
&b.tag(netInfo:+a.type)})(ue_csm
>window);
(function(c,d){function
g(a,b){for(varc=[],d=0;d
ue_csm.ue.exec(function(d,e,a){f
unction
b(a,b){return{name:a,getFeature
Value:function(){returnvoid
0!==b0}}function
h(a,b,c){return{name:a,getFeature
Value:function(){returnb===c
0}}function
g(a,b){return{name:a,getFeature
Value:function(){for(vara=0;a
ue._bf.modules.push(
ue._bf.mpm(cc_ie5,1))
ue._bf.modules.push(
ue._bf.mpm(cc_ie6,1))

```

```

ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie8, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=(
//w//-]+)/);a=null!==(a?a[1]:null);v
ar
b=ue_sid,c;Date.now?Date.no
w():(new Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[
a]=1)}var
k=sbk,f=csm;b=b.navigator.cooki
eEnabled?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b
},f);b&&ue_sid&&(d[ue_sid]=1,e.
attach(beforeunload,c),setInterval
(c,1E3)))(ue_csm>window,docu
ment);
ue_csm.ue.exec(function(e,f){var
a=e.ue
},b=a._wlo,d;if(a.ssw){d=a.ssw(
CSM_previousURL).val;var
c=f.location,b=b?b:c&&c.href?c.
href.split(#)[0]:void 0;c=(b
)==a.ssw(CSM_previousURL).v
al;!c&&b&&a.ssw(CSM_previou
sURL,b);d=c?reload:d?intrapage-t
ransition:first-view}else
d=unknown;a._nt=d},NavTypeM
odule)(ue_csm>window); var
ue_mbl=ue_csm.ue.exec(function
(e,a){function k(f){b=f
};a.AMZNPerformance=b;b.tran
sition=b.transition
};b.timing=b.timing
};if((f=a.webclient&&function=
==typeof
webclient.getRealClickTime?a.co
rdova&&a.cordova.platformId&
&ios==cordova.platformId?!1:!0:
!1)&&b.tags instanceof
Array){var
c;c=-1!=b.tags.indexOf(usesAppS
tartTime)
b.transition.type?!b.transition.typ
e&&-1

```

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