



SPIKEBALL™ EXERCISE CALENDAR

BY TYLER THE **ROUNDNET** ATHLETE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warm Up: • 25 Jumping Jacks Exercises (Repeat for 3 sets): • 30 Spikeball Crunches • 15 Speed Reaction Drops • 20 sec of Quick Hands • 3 sets of 5 Rep Bet for Roundnet Exercises with Net (Optional): • Inside Wall-Net Juggle	Spikebata! 5-10 minute rest Spikebata! 5-10 minute rest Spikebata! Extra: Another Spikebata! after 5-10 minute rest	Warm Up: • 30 sec of Jump Rope Exercises (Repeat for 3 sets): • 30 sec of Dynamic Balance • 20 sec of PU Hold Touches • 15 Cross Ball Drops Exercises with Net (Optional): • Inside Wall-Net Juggle • 30 Plank Switch Net Passes	Spikebata! 5-10 minute rest Spikebata! 5-10 minute rest Spikebata! Extra: Another Spikebata! after 5-10 minute rest	Warm Up: • 1 min Jog in Place Exercises (Repeat for 3 sets): • 30 sec of Core Balancing • 3 sets of 5 Rep Bet for Roundnet • 30 sec of Bicycle Throws • 30 sec of Wall Ball Rollers Exercises with Net (Optional): • Mini Jump Wall Touches
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MASTER LIST OF SPIKEBALL EXERCISES

BY TYLER THE **ROUNDNET** ATHLETE

[Playlist of All Exercises](#)

EXERCISE	DIFFICULTY	MUSCLE FOCUS	LINK TO EXERCISE	NET REQUIRED
Push-Up Hold Touches	Advanced	Chest, Shoulders	Push-Up Hold Touches Tutorial	
Quick Hands	Intermediate	Shoulders, Abs	Quick Hands	
Angled Net Tosses	Intermediate	Abs, Obliques	Obliques with Toss Tutorial	✓
Speed Reaction Drops	Beginner	Quickness	Speed Reaction Drops Tutorial	
Plank Switch Net Passes	Intermediate	Abs, Shoulders	Plank Switch Net Passes Tutorial	✓
Cross Ball Drops	Beginner	Quickness	Cross Ball Drops Tutorial	
Dynamic Balance	Advanced	Legs	Dynamic Balance Tutorial	
Inside Wall-Net Juggle	Advanced	Coordination, Hitting	Inside Wall-Net Juggle Tutorial	✓
Core Balancing	Intermediate	Abs, Shoulders	Core Balancing with Spikeball Tutorial	
Roundnetter's Sit-Ups	Beginner	Abs, Hitting	Roundnetter's Sit-Ups Tutorial	✓
Spikeball Crunches	Intermediate	Abs	Spikeball Crunches Tutorial	
5 Rep Bet for Roundnet	Intermediate	Chest	5 Rep Bet Tutorial	
Bicycle Ball Throws	Intermediate	Coordination, Abs	Bicycle Ball Throws Tutorial	
Mini Jump Wall Touches	Advanced	Hitting, Legs	Mini Jump Wall Touches Tutorial	✓
Wall Ball Rollers	Beginner	Shoulders	Wall Ball Rollers Tutorial	



DESCRIPTIONS & TIPS FOR EXERCISES

BY TYLER THE **ROUNDNET ATHLETE**

PUSH-UP HOLD TOUCHES

Description:

This exercise requires difficult movement as it puts your quickness, endurance, and strength to the test. Get yourself into a push-up position and alternate passing/hitting the ball from one hand to another as the hand that is not touching the ball is supporting your body weight. The ball should be passed/hit quickly back and forth between hands while maintaining balance and control. This exercise engages the core as you must maintain control of your body throughout.

Tips:

- Keep core engaged and tight
- When off hand is on the ground or about to touch the ground, maintain even impact throughout the hand from the fingers to the palm
- Maintain a stable wrist
- Pass ball right in front of yourself, not too far ahead so it is easy for the other hand to pass/hit it

Video Link: [Push-Up Hold Touches Tutorial](#)

QUICK HANDS

Description:

This exercise will engage your core while working on your balance, strength, and body control. Get yourself into a push-up position and alternate passing the ball from one hand to another as the hand that is not touching the ball is supporting your body weight. The ball should be tossed and caught quickly back and forth between hands while maintaining balance and control. The core is engaged to maintain control while quickness and agility are the main factors guiding this exercise.

Tips:

- Keep core engaged and tight
- When off hand is on the ground or about to touch the ground, maintain even impact throughout the hand from the fingers to the palm
- Maintain a stable wrist

Video Link: [Quick Hands Tutorial](#)

ANGLED NET TOSSES

Description:

This exercise is designed to engage your core and work on your hand-eye coordination. Sit 3 feet from a wall. Lean a Spikeball Kit against the wall, or use the wall to toss the ball against for this abdominical exercise. Start with your legs bent and slightly off the ground in front of you. Toss the ball against the net/wall and turn your torso to the side with making sure your hands touch the ground before facing forward and catching the ball. This movement is repeated as you alternate between rotating your torso to the left and right. Core and obliques are the main workhorses in this exercise with some fun reaction time mixed in.

Tips:

- Hands must touch the ground when rotating
- Keep core engaged to maintain balance
- Can use both hands to toss ball or alternate

Video Link: [Obliques with Spikeball Toss Tutorial](#)

SPEED REACTION DROPS

Description:

This exercise will test how quick your hands are while maintaining control of the ball and your body. Start by getting in an athletic stance. Hold a ball in your hands between your legs about 5-6 inches above the ground with both hands in front of your legs. Toss the ball backwards through your legs and quickly move your hands up and around your legs to in order to catch the ball. This movement emphasizes quickness and agility, while also working to maintain balance during the entire exercise.

Tips:

- Shift your body forward or backwards when passing the ball
- A good strong athletic stance will increase your success

Video Link: [Speed Reaction Drops Tutorial](#)

PLANK SWITCH NET PASSES

Description:

This exercise combines the Angled Net Tosses and the Push-Up Hold Touches to work on core, timing, balance, hand-eye, strength and so much more. Start in a push up position 3 feet from the net or wall. Toss the ball with one hand and catch it with the other making sure you stabilize

yourself with the hand that tossed the ball. Alternate hands, use only non-dominant hand, see how many you get in a row! Upper-body muscles will be highly engaged in this exercise.

Tips:

- Keep core engaged
- Maintain stable wrist positioning when switching hands
- Can alternate hands or use same hand for toss and catch

Video Link: [Plank Switch Net Passes Tutorial](#)

CROSS BALL DROPS

Description:

This exercise will focus on quick arm movements, hand-eye, and balance. Start by getting in an athletic stance. Hold a ball in your hands between your legs about 5-6 inches above the ground. One arm in front of your legs and one behind your legs. Toss the ball slightly upward and quickly move your arms to switch positions in front or behind your legs and catch the ball. Repeat! This movement emphasizes quickness and agility, while also working to maintain balance during the entire exercise.

Tips:

- Bend legs to get lower to the ground
- Slightly adjust body as hands move around to catch the ball

Video Link: [Cross Ball Drops Tutorial](#)

DYNAMIC BALANCE

Description:

This exercise works on the lower-body as well as balance. Start with a ball in one hand, and the opposite leg lifted at a ninety degree angle. Pass the ball below the lifted leg to the other hand, while slowly squatting with the leg on the ground. Be sure to squat low enough so that the hand that has the ball can pass it back over to the original hand right below the knee of the leg on the ground. To restart, the ninety angle leg is lifted up again (this leg stays off the ground the entire time). When performing sets of this exercise, be sure to complete an equal amount of reps with each leg on the ground.

Tips:

- 1 rep = passing the ball underneath both legs
- Switch legs after 5 reps

- Slowly squat down with each leg to maintain balance

Video Link: [Dynamic Balance Tutorial](#)

WALL - NET JUGGLE

Description:

This exercise will have you working on ball control and eye-tracking. Hand-eye coordination plays a big part in this drill. Start by placing the net next to a wall. Toss one ball off the wall so it will bounce off the net and back up to you. Each time the ball comes to you, hit it softly off the wall to repeat the action. Remember to focus on the accuracy and strength of each hit so you can keep your rhythm going.

Tips:

- Begin by tossing the balls one at a time off the wall
- Work on keeping a consistent strength level for each hit
- Use only 1 ball to make it easier
- Use the ground if you don't have a net

Video Link: [Wall - Net Juggle Tutorial](#)

CORE BALANCING

Description:

This is a great exercise for maintaining balance and improving core strength. The medicine ball is used because the hand not holding the ball has a more comfortable position, but any other durable ball or object will do. Start with one hand on the medicine ball, ground, or whatever you are using, while the other hand holds the ball palm facing down with an outstretched arm. Rotate your arm from in front of your body to the side of your body while slightly dropping the ball and regaining grip. Repeat with the other arm to ensure you are exercising your body in balance.

Tips:

- Keep core tight and engaged
- Keep shoulders and ball level with upper body
- Highly recommended to use some kind of durable ball for the off hand to position on instead of the ground

Video Link: [Core Balancing with Spikeball Tutorial](#)

ROUNDNETTER'S SIT-UPS

Description:

This exercise is true combination of Roundnet and a well known exercise, the sit-up. Start by placing a net about 6 inches from a wall and getting in a sit-up position with your feet touching the net. Perform a standard sit-up and when in the "up" position pass the ball off the net and wall a couple of times before returning to the "down" position. This movement engages your core while keeping it exciting.

Tips:

- Keep core engaged at the top of the sit-up
- Switch off hands when hitting against the net

Video Link: [Roundnetter's Sit-Ups Tutorial](#)

SPIKEBALL CRUNCHES

Description:

This exercise engages the core and can be done anywhere. No wall or net needed. Start by sitting down with your legs slightly off the ground and your knees bent at ninety degrees. Pass the ball underneath your knees and around the top of your legs. As the ball travels above your legs, straighten your legs and keep them off the ground. Repeat the movement and change the direction you are moving the ball around your legs. The core is engaged throughout the entire time here and ideally your legs do not touch the ground.

Tips:

- Keep core engaged to keep pressure off the lower back
- Legs are moved from outstretched to bent at a 90 degree angle from the knees
- Both legs are following the same motion and positions

Video Link: [Spikeball Crunches Tutorial](#)

5 REP BET FOR ROUNDNET

Description:

This exercise is great for upper-body strength and stability. Start in a push-up position. Lift one hand off the ground and use it to roll the ball around the leg on the net or other object. Keep your body upright with your other arm. Be sure to switch hands and see how many you can do in a row!

Tips:

Tips:

- Keep core engaged
- Use proper push-up form

Video Link: [5 Rep Bet for Roundnet](#)

BICYCLE BALL THROWS

Description:

This exercise focuses on hand-eye coordination and core only using your body and a ball. It incorporates a similar motion as bicycle crunches. Start by sitting down with your legs slightly off the ground. Bend 1 leg while straightening the other leg and repeat, just like riding a bike. With outstretched arms, toss the ball from one hand to other. It is important to keep your core engaged to help keep your body under control. This works on awareness , coordination, and overall body control.

Tips:

- Keep core engaged
- Toss ball at consistent distances and intervals
- Keep legs off the ground and alternating with a 90 degree at the knee
- Accurate tosses help you stay in a rhythm

Video Link: [Bicycle Ball Throws Tutorial](#)

MINI JUMP WALL TOUCHES

Description:

This exercise challenges your whole body with your upper-body and lower-body doing different movements at the same time. Start by placing a net near a wall, and a set of “cones” about 6 inches from the net in a line with enough space in between each cone to jump between. Jump between the cones while hitting the ball off the net and wall before passing it up to yourself 2 times. Change directions and keep the ball going as long as you can!

Tips:

- Timing is very important in this exercise, so time your jumps with the hit off the wall
- Hit the ball off the net (at an angle) in the direction to where your next jumps are headed
- Can adjust the amount of cones being used to make it easier or harder

Video Link: [Mini Jump Wall Touches Tutorial](#)

WALL BALL ROLLERS

Description:

This exercise focuses on stretching and mobility. Start by standing near a wall about 6 inches away. Hold the ball against the wall with a flat hand. Roll the ball along the wall your hand.

Beginning right in front of your shoulder, the ball is rolled in different directions until your arm is straight. Repeat in all directions and be sure to do it with both arms. This movement works on shoulder mobility which is important for many sports and overall body health.

Tips:

- Keep body still and in one position, only moving the shoulder
- Roll the ball in different angles to work on mobility in all regions of the shoulder
- Switch hands after a few angle changes

Video Link: [Wall Ball Rollers](#)