

This Workout will breakdown the related skeletal (joint) movements and target the relevant muscle groups involved.

Tennis requires these basic skeletal or joint movements:

Shoulder movements: Upward rotation, abduction, elevation and depression.

Arm movements: extension, flexion and rotation (elbow) and accompanying forearm rotation, flexion, extension (wrist) and grip.

Back movements: Shoulder blade (Scapula) adduction and elevation, extension (lower), rotation and lateral flexion.

Hip movements: Flexion, extension, abduction and adduction.

Leg movements: Flexion and extension of knee and ankle joints.

Note: Tennis also has a degree of neck hyper-extension (looking up with head back). I will not recommend any exercises for this region.

CHEST

EXERCISE	SETS	REPS	REST TIME	LOAD
PUSH UPS	2 - 3	8 – 10	90 SEC	BODY WEIGHT + RESISTANCE BANDS (CHOOSE A VARIATION)
STANDING CHEST FLY	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS
CHEST PULL-OVERS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS

BACK

SEATED BACK ROWS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
HYPER EXTENSIONS	2 - 3	8 - 10	90 SEC	BODY WEIGHT + FITNESS BALL
PLANKS (LOWER CORE)	2	HOLD	90 SEC	BODY WEIGHT (HOLD POSITION FOR 60 – 90 SECONDS)

LEGS

SQUATS	2 – 3	8 – 10	90 SEC	BODY WEIGHT
LUNGES	2 – 3	8 – 10	90 SEC	BODY WEIGHT
LEG CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
HAMSTRING ROLLS	2 – 3	8 – 10	90 SEC	FITNESS BALL
LEG ABDUCTORS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
LEG ADDUCTORS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
CALF RAISES	2 – 3	15 - 20	90 SEC	BODY WEIGHT

SHOULDERS

SINGLE ARM LATERAL RAISE	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
SHRUGS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
ROTATOR CUFF SIDE PULLS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

ARMS

STANDING BICEP CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
TRICEP OVER HEAD EXTENSIONS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
WRIST CURLS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

ABS

CRUNCHES	2 – 3	15 - 20	90 SEC	BODY WEIGHT
OBLIQUE CRUNCHES	2 – 3	15 – 20	90 SEC	BODY WEIGHT
EXERCISE BALL OBLIQUE TWISTS	2 - 3	15 - 20	90 SEC	BODY WEIGHT + FITNESS BALL

YOUR WORKOUT ESSENTIALS:

Please include a Warm up and Cool down into this Workout.

These are recommended workouts to target each muscle group. Pick 3 (only) of the **Leg Workouts** to perform during a session.

This Workout assumes a base level of strength. Please adjust to suit your personal abilities.

Reduce the Sets and Reps to suit your needs and gradually increase from that level.

You can alternate to other workouts as you progress and become accustomed to each.

Always ensure a strong firm posture and position throughout your movements.
