

TENNIS IN-SEASON

Goal:	TOTAL BODY	
Date:	Day 1	
Area	Excercise	Reps
WARM UP	Walking Lunges	X 2
	High Knees	X 2
	Side Lunges	X 2
Plyometrics		
Foundation Lifts	Squat	6 X 3 @ 60%
	DB Bench Press on SB	8 X 3 @ 60%
Auxilliaris	RB - Pull Aparts	15 X 3
	KB Swing	12 x 3
	DB Split Squat	6 ea X 3
CORE/CIRCUIT	AB Wheel	12 X 3
Special Instructions:		
FOAM ROLL/STRETCH WHEN COMPLETE		

Goal:	TOTAL BODY	
Date:	Day 2	
Area	Excercise	Reps
WARM UP	Walking Lunges	X 2
	High Knees	X 2
	Side Lunges	X 2
Plyometrics		
Foundation Lifts	Deadlift	6 x 3 @60%
	Pull-Ups	AMRAP X 3
Auxilliaris	Cable - Face Pull	12 X 3
	Plate Front Raise	15 x 3
	DB Lat Lunges	8 ea X 3
CORE/CIRCUIT	MB Twist	12 X 3
Special Instructions:		
FOAM ROLL/STRETCH WHEN COMPLETE		