

TENNIS IN-SEASON

Goal: TOTAL BODY		
Date: Day 3		
Area	Exercise	Reps
WARM UP	Walking Lunges	X 2
	High Knees	X 2
	Side Lunges	X 2
Plyometrics		
Foundation Lifts	Bench Press	4 X 4 @75%
	Rotational MB Chest Pass	8 X 2
	DB Split Squat	8 X 2
Auxilliaris	XT Pec Fly	12 X 3
	RB Pull Apart	12 X 3
	KB Swing	12 X 3
ORE/CIRCUIT	AB Wheel	12 X 3
Special Instructions:		
FOAM ROLL/STRETCH WHEN COMPLETE		

Goal: TOTAL BODY		
Date: Day 4		
Area	Exercise	Reps
WARM UP	Walking Lunges	X 2
	High Knees	X 2
	Inch Warm	X 1
Plyometrics		
Foundation Lifts	Deadlift	8 X 3 @65%
	DB 1Leg RDL	8 X 3
Auxilliaris	LM - Row to Press	8ea X 3
	LM - Rotation	8 X 3
	DB Step Up	8ea X 3
ORE/CIRCUIT	Hanging Knees to Chest	12 X 3
Special Instructions:		
FOAM ROLL/STRETCH WHEN COMPLETE		