

MONSTER WALKS – STRENGTH TRAINING

PURPOSE

- Improve leg strength
- Improve lateral movement and hip stability

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Start at the doubles sideline by placing a “rubber band” around both ankles. Get into good athletic position – legs slightly bent, body upright and looking forward.
Performing the Exercise	Maintaining a good athletic position with the knees bent, step out laterally with the right foot about 3 – 6 inches. While controlling the band, lift the left foot and step in towards the right foot about 3-6 inches.
Sets and Repetitions	Repeat this series while “walking” to the other doubles sideline. Repeat this exercise two times in each direction across the court.

VARIATIONS

This exercise may also be done forwards and backwards, walking from the baseline to the service line and back again. Keeping the feet slightly wider than shoulder width apart, take small 3-6 inch steps forward to the net and then backwards to the baseline. Maintain the athletic position throughout.