

Strength & Mobility for Tennis

STRENGTH & MOBILITY FOR TENNIS



Exercise Descriptions Guide
Phase 1 – Corrective

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Exercise Description Guide Phase 1: Corrective

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Legal Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training

See your physician before starting any exercise program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this workout. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this workout, please follow your doctor's orders

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Phase 1 – Corrective Phase

Blackburns



Blackburns (cont..)

- Start by lying face down on a bench, head off of the end of the bench, or standing face first against a wall
- Place the back of your hands against your lower back and push them down by bringing your shoulder blades down and back.
- Bring the hands back up to the small of your back and push your elbows as far forward as you can by moving your shoulder blades as far apart as you can.
- Pull your elbows as close together as you can by doing the same things with your shoulder blades
- Open your hands up and swing them up overhead, pronating the hands as they pass your shoulders.
- Once overhead, pull your elbows down by bringing your shoulder blades down and back then push them back up overhead, rotating your shoulder blades up and apart.
- Swing the arms back down and return to the starting position

Bulgarian Split Squats



- Start by placing your foot on an elevated object (bench, box, etc.)
- Maintaining good posture lower your hips under control until your back knee is a just above the ground
- Explosively drive yourself up to the starting position
- Think about lowering your elevated knee to keep a good vertical movement pattern
- Be sure that your foot is not too far out in front or you will have difficulty lowering the rear knee

Elevated Glute Bridge



- Start by placing your shoulder blades on a bench and your feet hip width apart
- Initiate the movement by squeezing your glutes and driving your hips toward the ceiling
- Brace your abdominals at the top of the movement and then return to the starting position
- Keep your head natural throughout the movement
- Always keep your knees apart the same width as your feet

Front Plank



- Start by placing your elbows under shoulders and your feet slightly apart
- Press your body up until you have perfectly neutral spine
- Attempt to pull the ground underneath you with your elbows to engage your lats
- Create maximal tension by bracing your abdominals, quads, and glutes
- Keep the time duration short and create endurance by doing multiple sets

Half Turkish Get Up With Pause

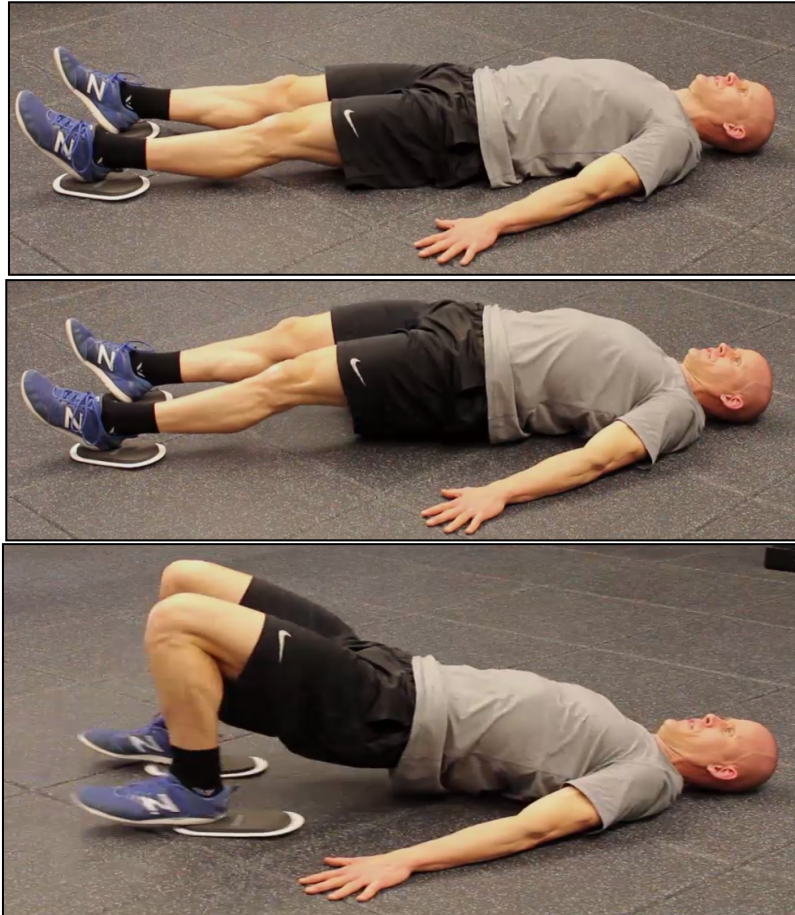


Half Turkish Get Up With Pause (Cont..)



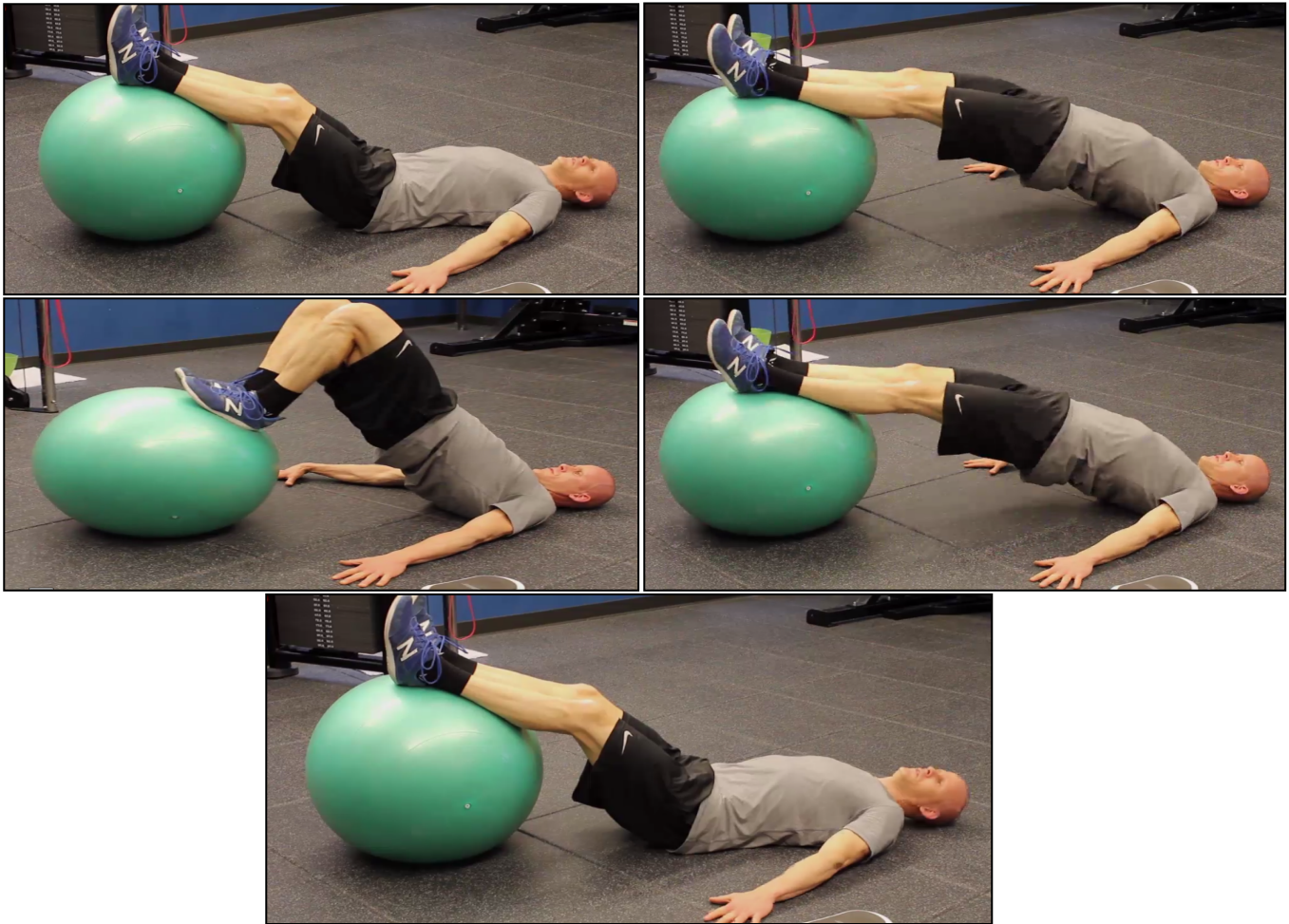
- Start flat on your back with the weight in your right hand and your right knee up.
- Initiate the movement by firing your right glute and driving your body up to your left elbow.
- Sit up to your left hand and extend your spine and open up your hips.
- Bridge your hips up and sweep your left foot underneath you until your left foot, knee and hand are in a straight line
- Pause for a two count at each step, especially when learning the movement.

Hip Extension With Leg Curl Floor Slides



- Start by lying on your back and placing your heels on the stability ball/slides
- Initiate the movement by lifting your hips and squeezing your glutes
- Continue to squeeze your glutes while flexing at the knees bringing your feet underneath your knees
- Brace your abdominals hard throughout the movement to prevent hyperextension in your lower back
- You should maintain a straight line from your shoulders to your knees throughout the movement

Hip Extension With Leg Curl Stability Ball



- Start by lying on your back and placing your heels on the stability ball/slides
- Initiate the movement by lifting your hips and squeezing your glutes
- Continue to squeeze your glutes while flexing at the knees bringing your feet underneath your knees
- Brace your abdominals hard throughout the movement to prevent hyperextension in your lower back
- You should maintain a straight line from your shoulders to your knees throughout the movement

Pallof Press



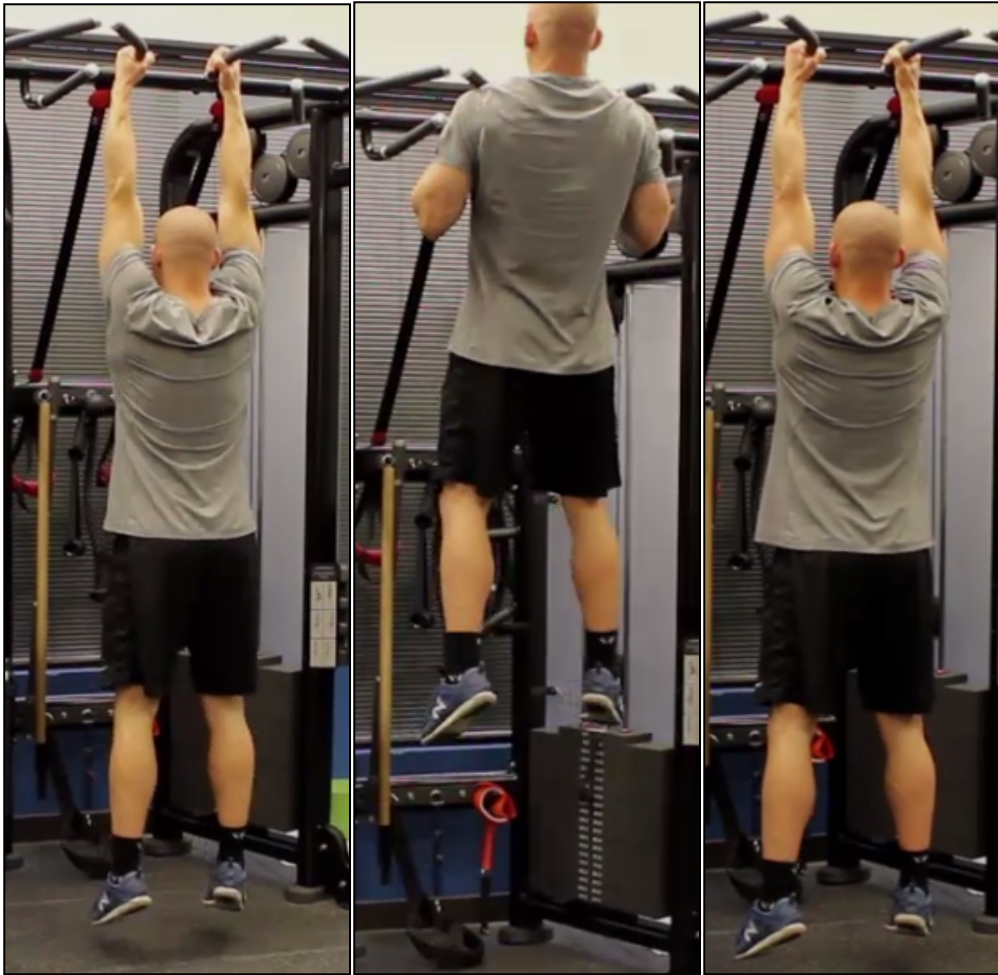
- Start by pulling the cable or band to the center of your body with your hands in tight and move your feet to a shoulder width position.
- Create tension in your body by bracing your abdominals, glutes, and lats
- Press the weight straight out until your arms are locked out
- Maintain a neutral spine throughout the movement

Pallof Press Split Stance



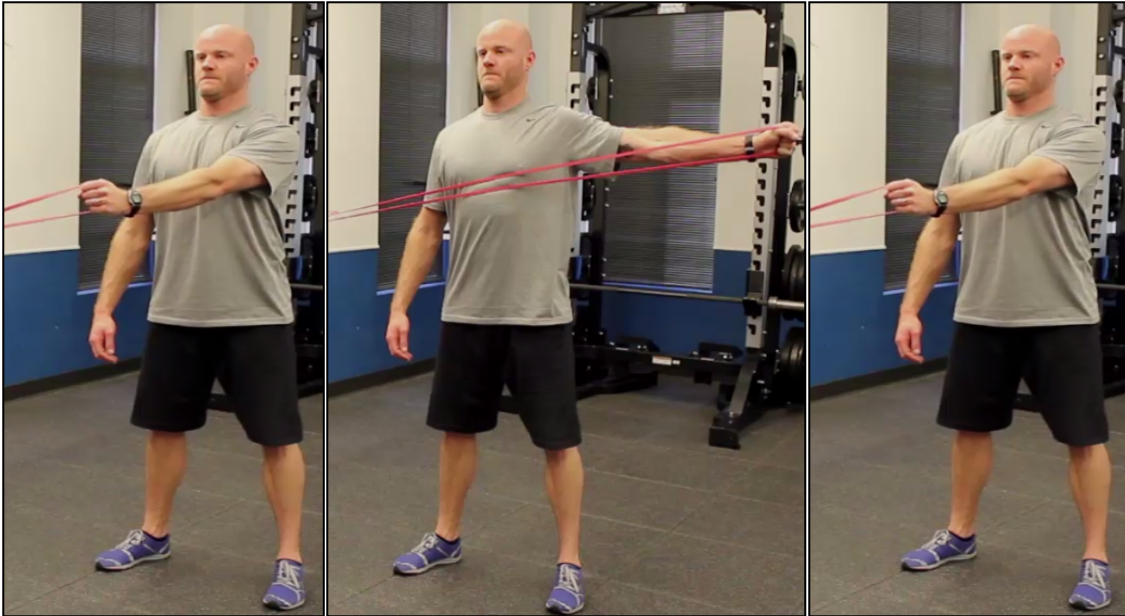
- Start by pulling the cable or band to the center of your body with your hands in tight and move your feet to a split stance position.
- Create tension in your body by bracing your abdominals, glutes, and lats
- Press the weight straight out until your arms are locked out
- Maintain a neutral spine throughout the movement

Pull Ups



- Start with your arms fully extended
- Initiate the movement by pulling your shoulder blades down
- Pull yourself up until your hands are even with your neck
- Focus on pulling your elbows down and keeping your spine neutral
- Never allow your chin/head to drive forward at the top of the movement

Powell Raise



- Start by standing with your arm straight, holding the handle out in front of your opposite shoulder.
- Keeping your arm straight throughout the movement, bring your arm until it's directly out to the side of your body.
- Be sure to keep your body still by bracing your glutes and abdominals.
- Do not at any point allow your shoulder to elevate during the movement

Row Iso Hold With Bands



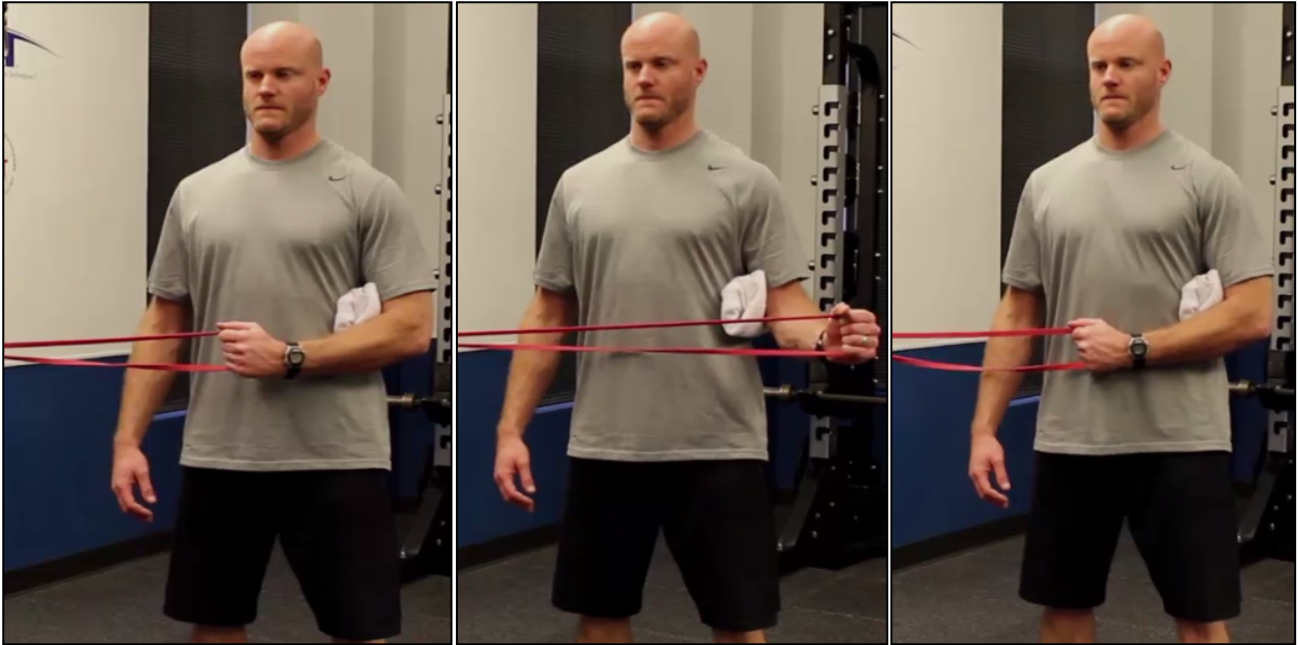
- Start face down on a bench with your head just off of the end of the bench
- Pull the weights up by pulling your shoulder blades together and down
- Your elbows should follow
- Focus on keeping your shoulder blades in a good position and your elbows up high

Row Iso Hold With Dumbbells



- Start face down on a bench with your head just off of the end of the bench
- Pull the weights up by pulling your shoulder blades together and down
- Your elbows should follow
- Focus on keeping your shoulder blades in a good position and your elbows up high

Shoulder External Rotation



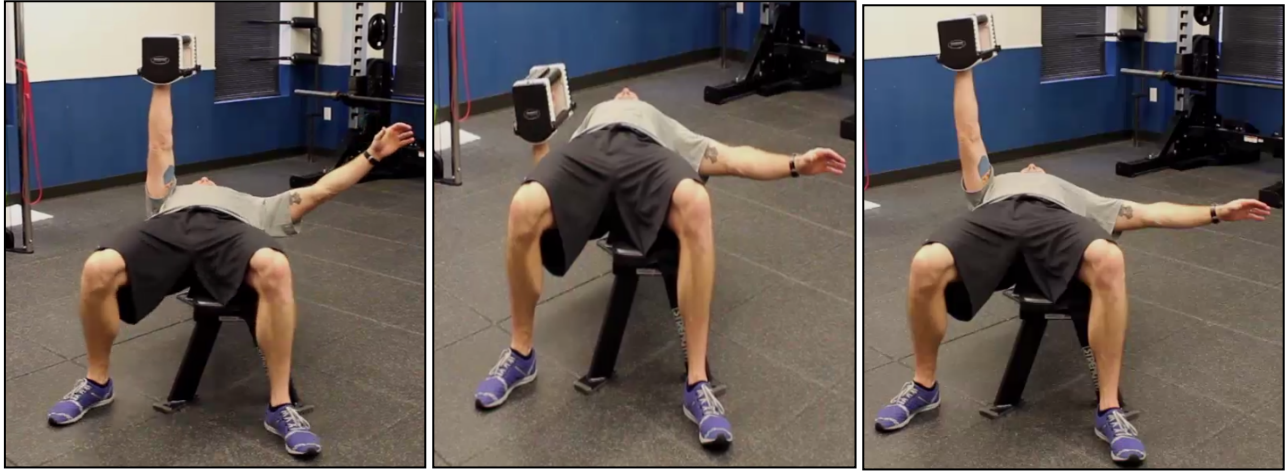
- Start by placing your elbow on your same side knee while seated on a bench.
- Lower the weight under control until your natural range of motion stops the movement.
- Raise the weight back up, being careful not to rotate your body during the process.
- Never work into pain and always maintain good posture.

Side Plank



- Start with your right elbow underneath your right shoulder.
- Push your hips up until your spine is perfectly straight, including your head
- Place your left hand on your right shoulder and pull your elbow to your chest.
- Create maximal tension by bracing your glutes, quads, lats, and abdominals.
- Keep the time duration short and create endurance by doing multiple sets

Single Arm Dumbbell Bench Press



- Start by lying down on a bench with the weight in your right hand
- Slide your body to the right until the edge of the bench is on the center of your body
- Brace your right glute and abdominals
- Keep your hand neutral and allow your elbow to go down at a 30/45 degree angle from your body
- Press to lock out the weight

Single Arm Dumbbell Floor Press



- Start by lying down on a bench with the weight in your right hand
- Slide your body to the right until the edge of the bench is on the center of your body
- Brace your right glute and abdominals
- Keep your hand neutral and allow your elbow to go down at a 30-45 degree angle from your body
- Press to lock out the weight

Single Arm Dumbbell Row



- Start by standing tall or with your opposite knee and hand supported by a bench
- Initiate the movement by retracting your shoulder blade (scapula) back, being careful not to elevate the shoulder by using your trap
- Pull the weight or handle back until your humerus is in-line with your torso.
- Keep your head and torso neutral at all times.

Single Arm Row With Bands



- Start by standing tall or with your opposite knee and hand supported by a bench
- Initiate the movement by retracting your shoulder blade (scapula) back, being careful not to elevate the shoulder by using your trap
- Pull the weight or handle back until your humerus is in-line with your torso.
- Keep your head and torso neutral at all times.

Single Leg Deadlift



- Start standing tall with the weight in your right hand
- Hinge at the hip lifting your right leg and allowing your right hand to move toward the ground at the same time
- Keep your spine neutral and focus on pushing your hips and right foot back
- Stabilize with your left hip and then return back to the starting position
- Grip the floor with your feet to help increase stabilization

Step Back Lunge



- Start in the standing position with your feet hip width apart
- Step back with your right foot and focus on moving your knee down toward the ground
- Stop when your knee is one inch from the ground and return to the starting position
- Maintain good posture throughout the movement

Walking Pushups



- Start by placing your hands just outside of your shoulders with your hands slightly rotated out.
- Lower yourself to the ground under control by pulling your shoulder blades together and keeping your elbows at a 30-45 degree angle.
- Pause briefly 1 inch from the floor and explosively press yourself back to the starting position.
- Maintain a stiff body throughout the entire movement by bracing your abdominals and flexing your glutes.
- Never drop to your knees to make the movement easier as it takes away the stabilization needed for the movement. If necessary place your hands on an elevated object (bench, bar, box, etc.)

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