

Strength & Mobility for Tennis

STRENGTH & MOBILITY FOR TENNIS



Exercise Descriptions Guide
Phase 2 – Strength

Strength & Mobility for Tennis

Strength & Mobility For Tennis

Exercise Description Guide Phase 2: Strength

Jeff Salzenstein, Dr. Josh Renkens & David Ray

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

Copyright © 2013 Jeff Salzenstein Tennis

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

Goblet Squat



- Begin by standing tall with your feet approximately shoulder width apart and your toes slightly rotated out.
- Hold the weight in front of you, just under your chin.
- Brace your abdominals, hinge at your hips and sit down until the crease of your hip is just below your knees.
- Keep your chest up, your eyes staring straight ahead, and your lower back neutral.
- Shorten the range of motion of the movement if your lower back flexes at the bottom.

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.

Half Kneeling Chop



- Start in a half kneeling position with the inside knee up, foot flat on the floor.
- Both legs should be at 90 degree angles and your legs narrow.
- Hold the bar with an overhand grip and the inside hand at the end of the bar.
- Brace your abdominals and pull the bar down until your inside hand is in front of your shoulder and pause.
- Punch your inside hand down until it is in front of your outside hip.
- If using a band, mimic the same motion.
- If using a kettlebell of weight, take the weight up at an angle and then drive it down, close to your body to the opposite hip.

Half Kneeling Chop Alternate



- Start in a half kneeling position with the inside knee up, foot flat on the floor.
- Both legs should be at 90 degree angles and your legs narrow.
- Hold the bar with an overhand grip and the inside hand at the end of the bar.
- Brace your abdominals and pull the bar down until your inside hand is in front of your shoulder and pause.
- Punch your inside hand down until it is in front of your outside hip.
- If using a band, mimic the same motion.
- If using a kettlebell of weight, take the weight up at an angle and then drive it down, close to your body to the opposite hip.

Halos



- Start by holding a kettlebell, dumbbell, or barbell plate in front of your chin
- Rotate the weight to the right, just outside of your ear, behind your head, then just outside of your left ear, and then back to in front of your chin.
- Keep your head still and abdominals braced throughout the movement

Kettlebell Swings



- Grab the kettle bell, which should be approximately one foot in front of your body, by hinging your hips back and keeping your spine neutral.
- Hike the kettle bell back between your legs and begin the movement by driving your hips forward so your body comes to an erect position.
- At the top of the movement contract your lats and pull the kettle bell down between your legs and hinge your hips back.
- Never allow the kettle bell to travel below the knee line.
- Never bring the kettle bell higher than your shoulders.
- You should have maximal tension at the top of the movement, similar to a front plank.

Pallof Press



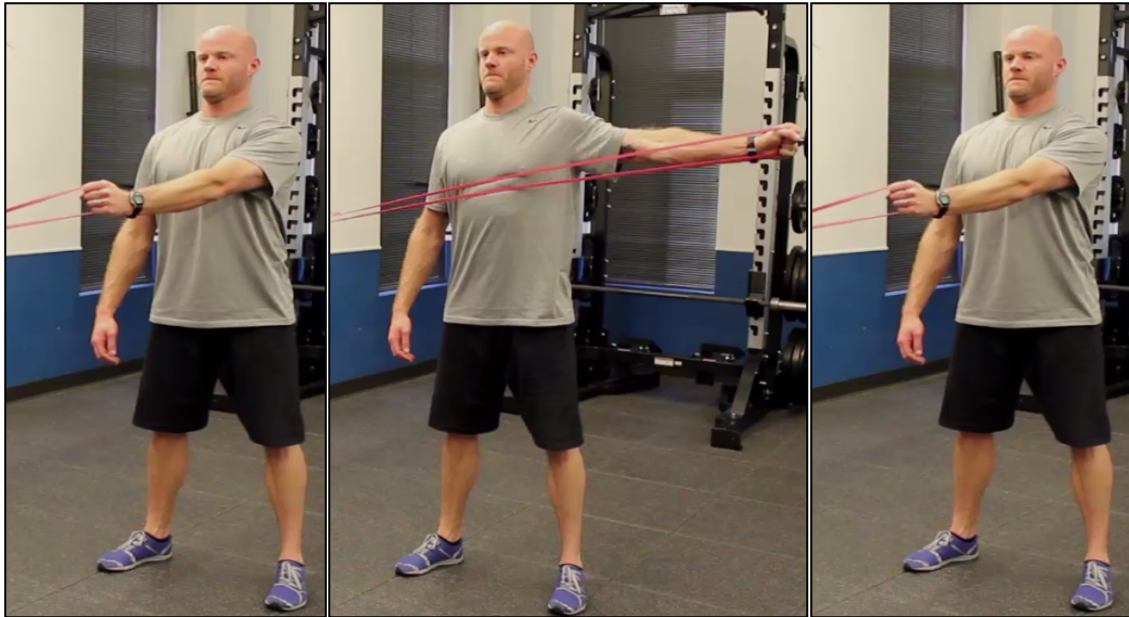
- Start by pulling the cable or band to the center of your body with your hands in tight and move your feet to a shoulder width position.
- Create tension in your body by bracing your abdominals, glutes, and lats
- Press the weight straight out until your arms are locked out
- Maintain a neutral spine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

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

Pull Apart Bands



- Hold a band at shoulder height, with your hands shoulder width apart.
- Pull your shoulder blades down and back to initiate the movement.
- Pull the band apart until it touches your chest, keeping your arms straight throughout the entire movement.
- Allow your hands to return to the starting position in a smooth controlled action.

Pull Ups



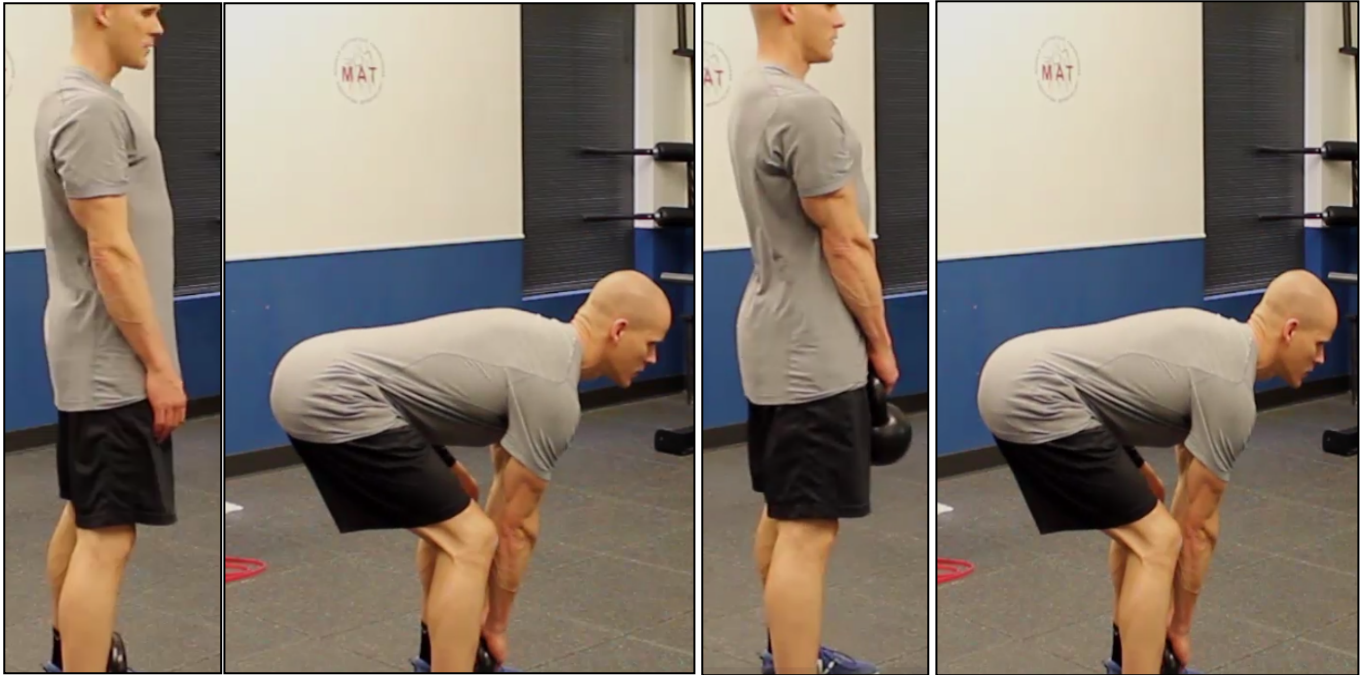
- Start with your arms fully extended
- Initiate the movement by pulling your shoulder blades down
- Pull yourself up until your hands are even with your neck
- Focus on pulling your elbows down and keeping your spine neutral
- Never allow your chin/head to drive forward at the top of the movement

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.)

Romanian Deadlift



- Start in a standing position with the weight in front of you
- Unlock your knees slightly and hinge at your hips by pushing your hips back and keeping your back neutral
- Keep the weight against your legs and let it slide down them until you feel a stretch in your hamstrings
- Return to the starting position by driving your hips forward
- The lower portion of your legs (knees to feet) should remain perpendicular to the ground throughout the movement
- Emphasize pushing your hips back to lower the weight, not bending over at the hip

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 Glute Bridge



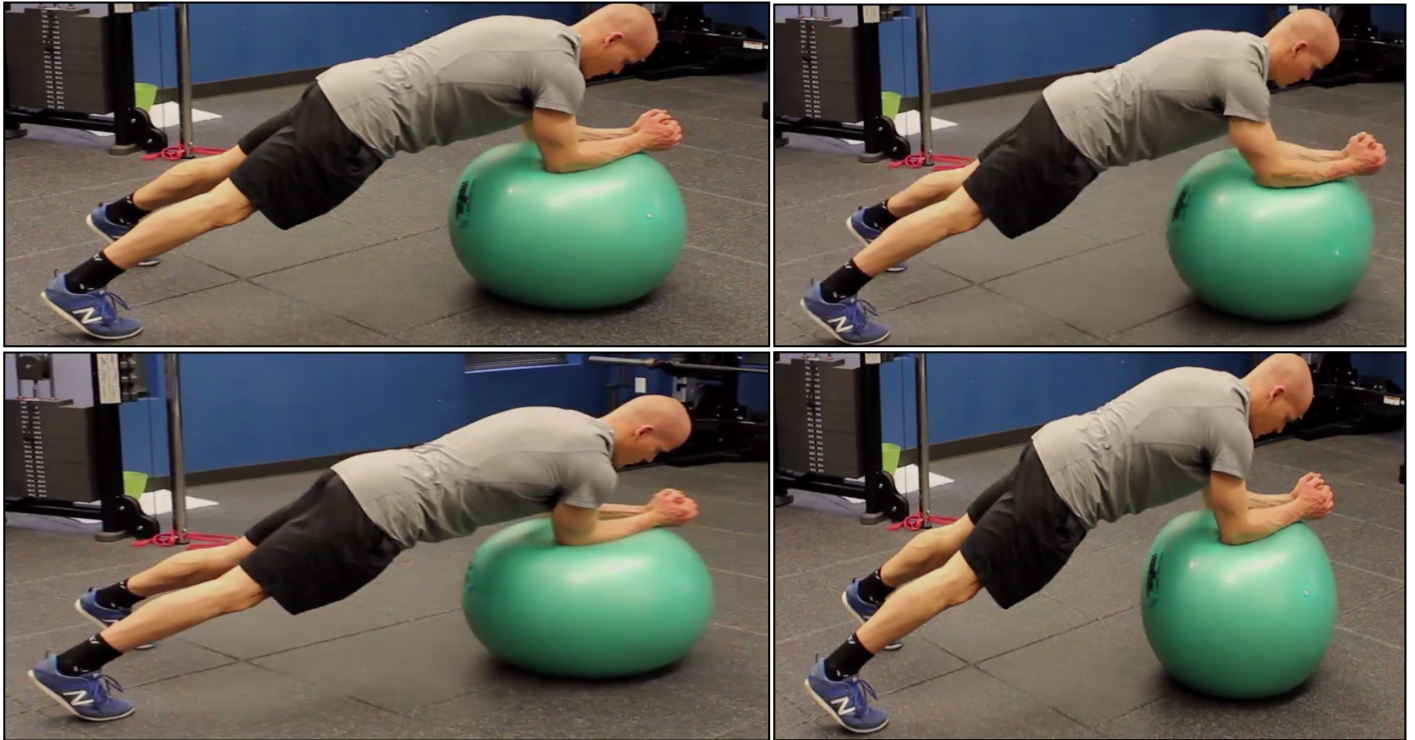
- Start by placing both of your feet on a bench with your back and hips flat on the ground.
- Raise one foot off of the bench (this leg will not be driving the hips for this set)
- Drive your hips off of the ground by contracting your glutes and pushing through the foot that is still on the bench.
- Brace your abdominals at the top of the movement to prevent hyperextension in your lower back.
- Try to achieve a straight line from your knee to your shoulders.

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

Stir The Pot



- Assume a plank position with your elbows underneath your shoulders on a stability ball
- Brace your abdominals, glutes, and quads
- Under control, make small circles with your elbows while holding the rest of your body in place
- Your entire body should remain in a straight line

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.)

To Get Your Resistance Band Package For S&M Tennis

[CLICK HERE](#)