

Strength & Mobility for Tennis

STRENGTH & MOBILITY FOR TENNIS



Exercise Descriptions Guide
Warm Up Drills

Strength & Mobility for Tennis

Strength & Mobility For Tennis

**Exercise Description Guide
Warm Up Series**

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

Mobility/Activation Drills

Clams Plus Bands



- On side with knees slightly pulled to chest and top hip slightly pushed forward
- Open top hip, rotating knee away from ground while maintaining contact between feet
- Keep hamstrings relaxed, initiating movement from hip rotators in outside of hip
- You should feel the muscles on the outside of the top hip working.
- If using a band, it should be placed just above the knees

Glute Bridge With Bands



- Lie down on your back with your knees bent and feet flat on the floor.
- Initiate the movement by bracing your abdominals and squeezing your glutes.
- Press your hips into full extension while keeping your knees out and tracking your toes.
- Intensify the movement by adding a mini band around the legs, just above the knees.
- Avoid lumbar hyperextension by bracing your abdominals at the top of the movement.

Lateral Band Walk



- Place a miniband around your ankles and stand feet hip width apart with your toes facing straight ahead.
- Brace your abdominals and step laterally, keeping your toe facing straight ahead.
- Step in with your other foot, returning to the start position.
- Maintain constant tension on the band throughout the movement.

Hip Flexor and Quadricep Mobilization



- Start with one knee down and the other knee up at a 90 degree angle.
- Raise the arm that is on the same side as the knee that is on the ground.
- Press your hips forward by squeezing the glute of the extended hip and reach your arm is high as possible.
- Do not allow your lumbar spine to hyperextend, but instead focus on stretching the anterior side of the hip.
- Intensify the movement by placing the back foot on a bench.

Adductor Mobilization



- Start in the quadruped position and then move one foot out to the side, keeping the lumbar spine in a neutral position.
- Push your hips back but do not allow the lumbar spine to round or flex.
- When you feel a stretch in the groin/adductor hold for a count and then return to the start position.
- Brace your abdominals throughout the movement to help maintain a neutral position.

Hip Internal Rotation Isometric



- Lie down on your back in a natural, comfortable position.
- Internally rotate one leg, at the hip, while keeping your pelvis flat on the ground.
- At the end range of motion, press that leg down for a four count, then allow it to return to a normal position.
- Focus on rotation at the hip, not the foot or knee.

Quadruped T-Spine Extension With Rotation



- Start in the quadruped position, with your hips sitting back toward the heel and your lower back in a neutral position.
- Place your hand lightly behind the head and flex and rotate bringing your elbow toward the opposite knee
- Then extend and rotate up and out, leading with your elbow and following with your head and eyes.
- Lower back should remain neutral throughout the entire movement

Lat Mobilization



- Start in the quadrupedal position with one arm extended on a bench or stability ball.
- Slowly allow your chest and torso to move toward the ground.
- Keep your arm externally rotated as much as possible to allow for a greater stretch.
- Be conservative with your movement and perform the stretch slowly.

Arm Circles



- With your arms extended away from your body, slowly rotate the arms forward at the shoulder with your palms facing down.
- Turn the palms up when rotating the arms backward.
- Focus on keep the movement at the shoulder joint and do not allow the shoulders to shrug throughout the movement.

Quadrant Stability



- Start in a push up position, with your hands closer than normal and feet wider than normal.
- Brace your abdominals, glutes, quads and lats.
- While maintaining a neutral position, lift your right arm and place your hand on your left elbow.
- Repeat for both sides.
- After stabilizing the upper body, lift your right leg slightly off the ground, maintaining a strong neutral position.
- Repeat for both sides.
- The goal here is to maintain good body positioning at all times.

Posterior Fascial Release



- Place one foot on a bench with the other leg straight and toe pointing straight ahead.
- The leg on the bench should remain straight, with the toe pulled up toward your body, and your body in perfect posture.
- Extend your arms out in front of you and slightly to the side.
- Extend your wrists and fingers to create additional tension.
- If possible hinge at the hips while maintaining a neutral spine.
- If you begin to shake, the tension is too much and you need to back off the stretch a little.

Ankle Rocker



- Start with hands and feet on the floor.
- Pike your hips in the air and place one foot on top of the other ankle.
- Elevate the heel of the foot that is on the ground, pushing your hips higher in the air.
- Push your heel back down on the ground, stretching the calf and Achilles tendon.
- Keep your leg straight throughout the movement

Soft Tissue Quality Drills

Foam Roll IT Bands



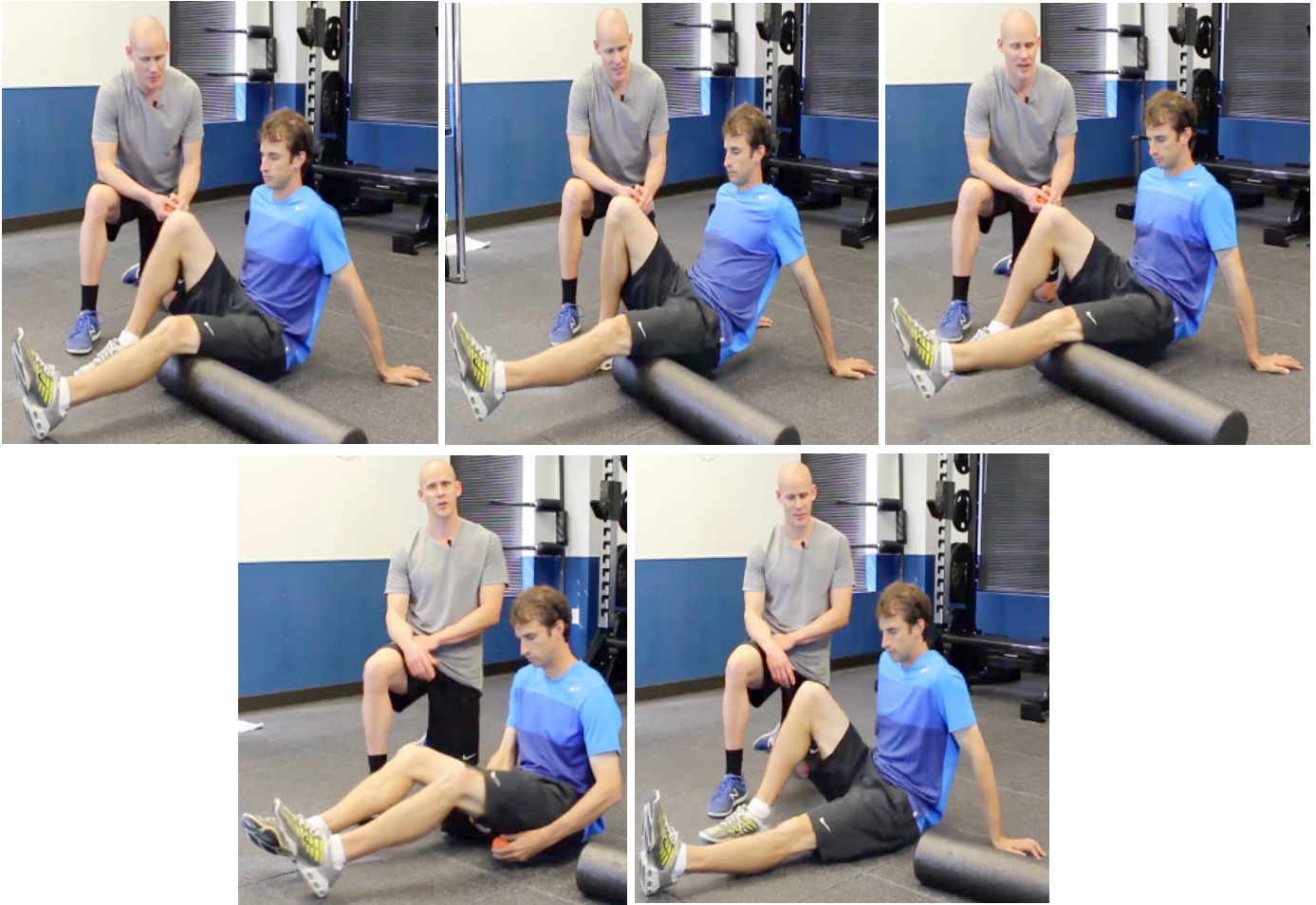
- Lie on your side with the foam roller positioned underneath your lateral thigh and roll from the greater trochanter (at side of hip) down to your knee.
- Support yourself by crossing your top leg over the bottom and placing the foot on the ground.
- Use the forearm of your downside arm and the hand of your topside arm to add further support.

Foam Roll Quadriceps



- Place the foam roller under one hip with your body parallel to the ground.
- Using your elbows, pull yourself forward so the foam roller rolls down to the middle of your quadriceps.
- Roll back and forth maintaining a neutral spine.
- After you have spent some time on the upper quad, move the roller down to the mid quad area and pull yourself forward, allowing the roller to roll down to just above the knee caps.

Foam Roll Hamstrings



- Sit on the floor with the foam roller positioned underneath one thigh.
- We prefer to roll one leg at a time.
- Support yourself with your hands while maintaining a tall spine posture.
- Roll from the bottom of the buttock down to the backside of the knee.

Foam Roll Adductors



- Lie face down with your hips opened up and one side hip and knee flexed.
- Your inner thighs should be facing the floor.
- Support yourself with your forearms and position the foam roller between the inner thigh and the floor.
- Roll from the groin area down to the medial (inner) side of your knee.

Foam Roll Thoracic Spine



- Lie with a foam roller across your back at the level of the shoulder blades
- Place your hands and forearms side by side with your hands and fingers holding your head
- Lift your hips and slowly roll up and down your thoracic spine
- Do not roll your low back or your neck in this drill
- Focus on getting extension through the thoracic area
- Keeping your hips down on the floor, take a long, slow inhalation.
- As you exhale, gently extend your thoracic spine over the foam roller.
- Use the roller as your pivot point. Stay down for 1-2 more breath cycles.
- Slowly come back to the start position upon an exhalation.
- Move the foam roller to the next segmental level - either up or down.

Lacrosse Ball Calves



- Place a lacrosse ball under the calf with your leg extended.
- Support yourself with your hands while maintaining a tall spine posture.
- Roll from the top of the Achilles tendon to the bottom of the knee.
- Be sure to roll the medial (inside) and lateral (outside) aspects of the calf.

Lacrosse Ball Glutes



- Can be performed either sitting on the floor or standing with your backside against a wall.
- If flexion aggravates your lower back, we suggest you perform this mobilization standing against a wall.
- Sit on the ground with one ankle crossed over the opposite thigh.
- Support yourself with your hands and pin the ball behind the trochanter (bony prominence on the side of your hip) and roll out the tissue.
- Work the outside/upper portion of your glute (buttock).

Lacrosse Ball Posterior Capsule



- Lie on your side with the downside shoulder blade pinned against the floor with a lacrosse ball positioned behind the shoulder just outside of the shoulder blade.
- You may find it more comfortable to support your head with a pillow.
- Begin with the downside arm straight out to the side with the elbow bent at 90 degrees.
- Slowly move the hand and wrist toward the floor into internal to feel a stretch on the backside of the shoulder.
- Hold for a few seconds before returning to the start position (external rotation) and repeat.

To Get Your Mini Resistance Band For S&M Tennis

[Click Here](#)