

Strength & Mobility for Tennis

# STRENGTH & MOBILITY FOR TENNIS



Exercise Descriptions Guide  
Phase 3 – Power

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## **Exercise Description Guide Phase 3: Power**

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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 3 – Power

### 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.

## Inverted Row



- Start by bracing your body so that it is in a neutral position with your hands holding onto the handles or bar.
- Pull your shoulder blades together and pull yourself toward the handles or bar.
- Keep your chest up and your head back (chin tucked) at the top of the movement.
- Return to the start position under control and always maintain a neutral position throughout your body.

## 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.

## Lateral Box Blasts



- Begin by placing one foot on a box that is approximately mid-calf height.
- Using your arms, explosively jump up and over the box attempting to reach maximal height.
- Absorb the jump with your legs and hips and immediately jump back over to the starting position.
- It is okay to pause in between each jump if you are new to the exercise.

## Medball Chest Throw



- Start by holding the medicine ball in front of your chest with your knees flexed.
- Press the medicine ball explosively against a wall and absorb the return without allowing the medicine ball to touch your chest by using your entire body.



## Medball Slams



- Place your feet shoulder width apart and hold a medicine ball in front of your chest.
- Reach the ball overhead, being careful not to hyperextend at the lumbar spine, and explosively throw the ball to the ground slightly out in front of your feet.
- If you are going to use a medicine ball that bounces, as opposed to a slam ball that will not, throw the ball a little farther out in front of you to make sure that the ball does not bounce back up and hit you.

## 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

## Pushup Hold With Cable Reach



- Begin by assuming a push up position with your feet wider than normal.
- Grab the cable with your outside hand and create tension in the body by bracing your abdominals, lats, glutes and quads.
- Pull the cable or band underneath you until it is in a locked out position in a line with your body.
- Slowly return your hands to the starting position, focusing on keeping your spine and hips as neutral as possible.

## Scap ABC's



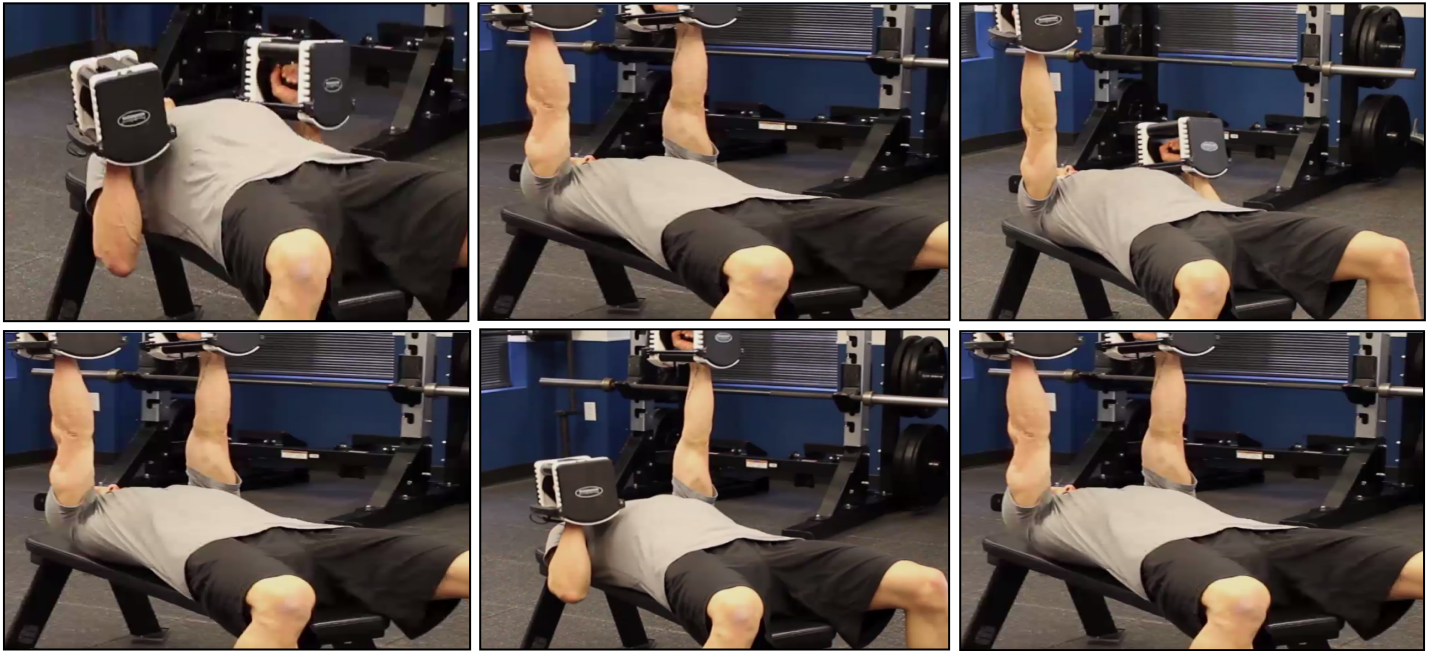
- Hold a light ball against a wall with the palm of your hand.
- Retract and depress your shoulder blade and adjust your body so that your arm is at a 30 degree angle.
- Write the alphabet with arm maintaining contact with the wall through the entire movement.
- The movement should be slow, controlled and focused on keep the scapula packed.

## Seated Vertical Jump



- Begin by sitting on a bench with your feet hip width apart.
- Move your arms back to initiate the movement and then explosively drive them forward jumping as high as possible.
- Land with your feet shoulder width apart and try to absorb the jump as much as possible.

## Seesaw Dumbbell Bench Press



- Lie down on a bench with both dumbbells in a locked position
- Lower one of the weights under control, keeping your elbow at a 30 degree angle from your body.
- Pause when the weight is chest height and then explosively press it to the start position.
- Perform a rep with the other arm using the same technique.
- It is important to keep the arm that is not moving in a locked out position throughout the rep.

## Single Arm Farmer's Walk



- Stand tall with the weight in one hand, slightly off of your hip.
- Walk the designated distance keeping your body erect and not allowing the weight to touch your leg.
- Maintain tension in the body throughout the movement and focus on quality instead of speed.
- Be careful when turning during the movement as it can put unexpected stress on the knees.

## Single Arm Overhead Press To Pull Up



- Choose a weight that you can press overhead approximately 6-8 times.
- Brace your abdominals while pressing as well as squeezing your quads and glutes.
- Be sure to press to a fully locked out position directly over your shoulder.
- Perform the pull ups as you have during the previous cycles.
- Perform 1 SA OH Press, followed by 1 Pull Up. Perform 2 SA OH Presses, followed by 2 Pull Ups. Finally, perform for 3 reps of each, then reset back to 1 rep.
- Perform this cycle for the amount of time listed for that week. For example, in week 1 continue to rotate through the cycle for 3:00, rest for 1:00, and then perform the cycle again for 3:00.
- Do not rush through the movements but instead focus on getting stronger and performing the movements perfectly.



## 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

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