

Strength & Mobility for Tennis

# STRENGTH & MOBILITY FOR TENNIS



The Program

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# **Strength & Mobility For Tennis**

**12 Weeks To A Stronger, Leaner, Better You**

**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

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## **Welcome From Jeff, Josh, And Dave**

Congratulations and welcome to the Strength and Mobility For Tennis program, the ultimate guide to increase your strength and improve your mobility to play your best tennis ever.

We're incredibly excited you've taken the next step to improve your strength and mobility, and this program will give you the edge you're looking for. You're going to get the warm up activation drills, the corrective exercises, and the strength and power building strategies to make you into a better athlete so that playing the game of tennis becomes that much easier. You'll get proven workouts and exercises put into a detailed, organized program that actually works. This program will be a huge asset to your overall tennis training and was designed by 2 leading experts in the field of sports performance and injury prevention.

Most tennis players lack the right training off the court to really help themselves when they step between the lines. Following this program will upgrade your body and make you a better athlete because you will be creating more relative strength, mobility, power, and muscular endurance necessary to play your best tennis. Most players either don't know what exercises to do to get stronger and more mobile or they don't spend enough time focusing on these areas. Tennis players are generally too weak and lack stability and mobility necessary to keep progressing making them very susceptible to injuries. The cold hard truth is that when your body is upgraded by improving your strength and mobility, you can prevent injuries and play tennis with more ease and grace. In this strength and mobility program, you'll see tremendous progress with your overall athleticism, which in turn will take your tennis to the next level

This step-by-step strength and mobility program will guide you to improved performance. One thing I want to add before you start getting into the strength and mobility workouts is that this program is the perfect complement to all the great tennis lessons, tips, and strategies I share with you. Nothing works better than having an awesome strength and mobility tennis program that complements all the valuable lessons you can learn to improve your technique, footwork, strategy, and much, much more.

If you're not already a member of the Total Tennis Training Inner Circle,

I encourage you to let me be your coach so that you'll have access to the best online tennis lessons in the world. I want you to keep improving your game every step of the way. If you're not a part of the T3 family **CLICK HERE for \$1.**

Your friend and coach,

Jeff Salzenstein,

**PS – Don't forget to become an active member of the Total Tennis Training Inner Circle**

The Total Tennis Training Inner Circle has weekly updated lessons, technique, footwork, interval training workouts, bonus interviews, and much more. **Join Here for \$1**

## **What The Strength & Mobility Program For Tennis Will Do For You**

The goal of the 12 week Strength And Mobility For Tennis program is simple: to help you get stronger and more mobile so that these improved aspects will translate directly into you playing the best tennis of your life. The solution is here for you to get started so you can transform yourself as an athlete and as a tennis player utilizing a cutting edge program that works.

Many tennis players wonder why they can't improve faster. Many players just go out on the court and perform the same routine over and over again expecting different results. According to Einstein, that is the definition of insanity.

Many players try to change their technique and even after making the changes they may only see minimal results with their game.

One of the best ways to improve your tennis game is to actually get off the court and upgrade your body with the appropriate training. Your body can become a finely tuned engine when you train the right way with the right exercises and program (most players don't train at all and if they do have a program, they follow the WRONG system.

But this program is different....Dr. Josh and Dave have designed this program with the components you need to improve your athleticism so that you can perform at an optimal level on court. This is a comprehensive program that will improve your strength, mobility, prevent injuries, and help you feel a confidence when you step on the court that you've never experienced before. Rarely does a player at any level truly tap into their true strength and mobility potential.

Fortunately, this program gives you the opportunity to reach your own true potential. Now is your time to dramatically improve your strength and mobility with effective exercises that even many pros don't even know about. One of the goals of this program was to give you the best of the best exercises and programming so that you would feel amazing results occur.

This comprehensive 12 week program will give you results AND you will start to feel the difference in the first few weeks you start training. There is so much value in following a solid, strategically designed off court strength and mobility program.

Now...if you choose not to follow any program, great results will be almost impossible.

If you do the wrong exercises, you can actually increase the risk of injury and slow your

progress, and I know you don't want that to happen.

Instead, make time to do this program. If you're just starting out and these workouts are demanding, make sure to listen to your body and start slow. You can build your body in your own time so avoid rushing into it if you're a bit untrained at first.

Follow this 12 weeks program and see what happens. If you lose focus or get sidetracked, you can always start back up again.

## Here's How You Can Be Safe With Your Training

- Please train smart and listen to your body. Avoid pushing too hard
- Avoid performing any exercises that you are not clear on how to perform. Always seek expert advice from an experienced trainer if you are unsure.
- If something hurts, stop immediately. You don't win any awards for pushing through the pain. In most cases you can modify exercises to eliminate any pain. Look for modified solutions in the program.
- With this and any other program, learn to perform all exercises without any weight first until you get the proper form down. Once you have good technique then you can add light weight. You can even start with one set of a given exercises. There is a chance you will experience soreness when you first start the program so avoid doing too many sets in the beginning.
- Feel free to take extra rest between sets in a workout or take extra time between workouts until you feel ready to go again
- Having a training partner can help motivate you as well as help you train safer. If you are alone, make sure your form is very good and you do not continue doing exercises if your form breaks down.
- Always start with easier modified exercises first. Don't try to show off or be a hero. It's actually better for you and your tennis if you perform the "easier exercises with amazing form. You will be challenged even with the easy exercises.
- Do NOT train every day. You should take at least one day off per week and do to perform the strength exercises in this program every day. Every other day is best
- Always perform the warm up drills to get your body and mind prepared for the main workout of the day.
- Avoid starting this program if you have a preexisting injury. You can work around it with some exercises in the program but it is not advised. Seek about



a doctor and/or physical therapist to help you heal your injury before you begin this

- Check with your doctor before starting any new exercise program. It is vital to focus on training smart and safely.

## **Strength And Mobility For Tennis Introduction**

We believe this program provides you with the necessary tools to improve your mobility, stability, strength, and movement efficiency on the court. The three of us developed this course because we were all seeing the same things with the athletes we were working with. Time and time again, we were reporting to each other about an athlete with great skill, but poor mobility...or a player with good footwork, but inadequate strength...or an athlete who keeps dealing with nagging injuries. If it wasn't one thing, it was another.

Whether it was Jeff working on the court with an athlete, or Dave in the training room working on strength and power, or Josh in the clinical setting helping an athlete recover from a nagging injury, all things seemed to keep coming back to a central theme. Those athletes struggling to reach their potential were either both weak and lacked strength to be effective on the court, or they did not move well keeping them from reaching balls and hitting shots they need to be able to hit. To add insult to injury (pun intended), these same weaknesses and poor mobility are the things leaving athletes more vulnerable to long term injuries. In addition to our experience in the trenches working with athletes at our facility, we also do a tremendous amount of research and reading. We have provided you with the best of both.

Following are some common things we see with athletes all of the time. These are dysfunctions we see that are keeping athletes from reaching their potential. The lack of range of motion or the inability to move efficiently without compensation is usually what leads to injury. We see injuries including tennis elbow, hip bursitis, low back pain, knee tendonitis, plantar fasciitis, and neck pain way too often. Many of these injuries are non-contact injuries. That means they are more of the repetitive stress origin. Added strength makes tissue and joints more resilient and efficient, strain-free movement results in less wear and tear to muscles, tendons, ligaments, and joints.

So what leads to these injuries? What leads to a player remaining stuck at their current level without realizing any further improvement in performance? Is it age? Nope. Is it luck? No way. It is neglecting to address weaknesses and dysfunctional movement patterns.

We have provided you with an easy-to-follow program. Within this program, we are going to reveal to you how to build a healthy, strong, and functional body for tennis. You WILL become a better athlete if you follow the program. The mobility work and training phases are clearly provided for you. We give you specific programming to use and follow including exercises, sets, reps, and progressions. Each movement and phase builds on the previous one leading to more and more improvement and realized potential. We give you variations for multiple levels of ability. Some movements are more advanced, so we have provided alternatives for those athletes not yet strong

enough. We lay out the soft tissue therapy and mobility work, and then we provide the strength training outline – all with demonstrations. Along the way, we explain why we do certain movements and how they can help your game.

You may be thinking you can just stretch to increase mobility, or you may wrongly assume you can stretch an injury and fix it. This can be both counterproductive and, in some instances, may lead to further injury. For starters, not many people understand the difference between mobility and flexibility. When most hear the word mobility, they immediately equate it with flexibility when, in fact, they are not the same thing - at least not for our purpose, which is to improve your skill as a tennis player. So let's bring more clarity to what flexibility and mobility are and how they differ.

The difference between the two is huge. Flexibility merely refers to range of motion about a joint in a non-specific way – and, more specifically, passive range of motion as achieved by static stretching. Flexibility is very isolated as it does not take into account concurrent movement at other joints or nervous system control.

Sure, static stretching has its place. It's tremendously valuable in situations where you want to relax a chronically overactive muscle, and to give people that short-term "loosened-up" feeling. However, static stretching is not going to prepare you to take the court. The problem with pure flexibility is that it **does not imply stability and it does not ready you for dynamic movement such as chasing down a cross-court shot or an overhead, point-winning smash.** We need to possess the proper amounts of mobility and stability at all of our joints. Think about it. What good is there in being able to attain a given range of motion (flexibility) if you can't stabilize yourself in that position?

Therein lies the difference with mobility. Mobility is the range of motion available under specific circumstances. Mobility involves simultaneous movement at other joints, agonist, antagonist, and synergist muscle action, and perhaps most importantly, nervous system control.

Excessive passive flexibility without proper joint mobility and stability will actually increase the risk of injury! It is not uncommon at all to see individuals with circus-like passive flexibility fail miserably on dynamic movement tasks that necessitate motor control and strength.

Here is an example, which will hopefully create a clearer picture of what we mean. Say we take an athlete and put him on his back with his shoulders in flexion / arms overhead. We bring his knees to his chest. Stay with us here. This would show him to have sufficient flexibility in both his lats and quads amongst some other things. This means the athlete should be able to efficiently overhead squat, right? Wrong! He may be able to, but it is not an automatic assumption you can make. This brings to light the difference between flexibility and mobility. In order to effectively overhead squat there

needs to be precise nervous system control. Several joints need to be working together as do muscles and other connective tissue structures to perform a clean overhead squat. The athlete needs to possess adequate mobility and stability.

In other words, flexibility is just one aspect of mobility. Mobility is what you want to attain if you want to excel in your skill as improved mobility at the right areas will lead to better, more efficient, overall functional movement.

Because it can be such a difference maker, it is worth repeating again. Improving your mobility in the appropriate places - that is, at the appropriate joints - may be one of the greatest things you can do for your skill. The key word here is "appropriate". We can use physical therapist, Gray Cook's "Joint-by-Joint Approach" for a beginning reference point. The Joint-by-Joint Approach to Mobility holds that certain joints are suited for stability while others are more suited for mobility.

JOINT	STABILITY / MOBILITY
Ankle	Mobility
Knee	Stability
Hip	Mobility
Lumbar (Low Back)	Stability
Thoracic (Mid Back)	Mobility
Scapular-Thoracic	Stability
Upper Cervical	Mobility

You can see from the chart above that as you move up or down the kinetic chain, the key joints alternate function. Problems typically arise when one joint, or group of joints, is not holding its own in terms of its suitable role. Compensation occurs where one joint moves in a way it is not intended to.

When our body lacks mobility at a joint designed for mobility, the body searches for another place to get it. The body wants mobility. The body wants to move. It is all it cares about. So, it may try to improve gross mobility at the expense of a joint which is designed to be stable.

Here is an example - perhaps a little oversimplified, but it will provide the point we are trying to make. Let's take the hip, knee, and ankle and give them values. 3 is the optimal amount of mobility the joint should possess. So, with three joints involved, the score will

be 9. In an athlete that has optimal mobility, the hip, knee, and ankle would all score a perfect 9. Contrast this with a scenario where the hip has 2 and the ankle has 2. That leaves the knee with 5; 5 is excessive mobility. Not only that, it is excessive at a joint designed for stability.

The knee is a simple hinge joint. It is designed to be stable. When the body is moving most efficiently, it should be a stable joint. What we inevitably see when working with athletes suffering from knee pain is a dysfunctional joint above and/or below it. More specifically, the hip and/or ankle is/are lacking sufficient movement in one or more planes of motion. Nobody likes to be the bearer of bad news, but it can get worse. Tennis involves a combination of running, squatting, lunging, and throwing - all of which require adequate ankle mobility to be most efficient. The same athletes we see lacking ankle mobility are the same athletes we see stressing their back and complaining about intermittent back pain.

This model is quite brilliant. It is fairly simple to understand and it holds true the majority of the time in the big scheme of movement and performance. Of course, there is a healthy trade-off between stability and mobility at each joint, but as we stated earlier, some joints are more akin to being more mobile than others.

In *Mobility and Strength for Tennis*, we teach you how to not only attain various ranges of motion, but also educate your body to be stable in those positions. We outline not only mobility drills, but also what we call “activation” or “facilitation” movements. Essentially, these movements correct existing muscle imbalances and teach muscles that commonly shut down to fire (contract) at the right times to restore normal balance, improve performance, and reduce the risk of injury. These drills will make you stronger, quicker, and more powerful both short-term (through the immediate effects of a warm-up) and long-term (by improving active range of motion, strength, and reducing the risk of injury), therefore, improving both the quality of your training and your level of play.

We have used this program with many athletes and it works. Whether you are a tennis coach, a parent who loves your kid, or a player looking to take your game to the next level, you will be pleasantly surprised at how quickly your movement ability improves and your strength levels increase. We want you to be quicker. We want you to have more strength to hit the ball with. We want you to be able to squat and lunge deeper so you can get to balls and return them. We want you to feel less tight and sore and, more importantly, we don't want you to get hurt. We all know it is not any fun not being able to play the game you love. We want you to serve more aces with your newfound power.

How does this sound to you? Well, all of this is possible. If you are willing to put in the time and effort, we have the roadmap here for you. Collectively, we have worked with athletes at all levels – from youths learning the game to professional-level players

searching for the next thing to raise their game. We are confident this program provides the drills, exercises, and programming to help you as well.

We believe Strength and Mobility for Tennis is the resource for those athletes looking to be the best. The concepts, exercises, and programming provided will revolutionize the way you prepare to train and compete. The mobility work herein has also proven to be instrumental in helping athletes of all types properly rehab from injury. No matter why you chose our product and what your goals are, it will help you get to where you want to be.

Save yourself a trip to the doctor. Avoid the pain that strikes so many athletes. Don't neglect the difference-makers that strength and mobility can be. Don't beat yourself before you even step onto the court. Prepare yourself for battle. Do the program. Bring everything you can to the table. Enjoy the fact that your body is getting stronger, more stable, and moving better. Your opponent will not be able to stop you.

Strength and Mobility for tennis is divided up into 3 different, progressive phases.

1. Corrective Phase
2. Strength Phase
3. Power Phase

This progression is set up to allow you, as the athlete, to build a strong foundation by slowly developing, not only your body, but also the lifts. It's important that you perform the three phases in the order that we have laid out. Each week builds upon the last and moving too quickly through the program will not allow your body to adapt, or develop, in a proper fashion. We can't develop strength if you are not moving well and we can't develop power if you don't have a strong foundation.

Each Phase has you training 3x per week. You can train on any days you are able but we always recommend taking at least one day in between each workout. You can perform the mobility work daily and, if this is an area of weakness for you, we encourage you to.

You may find that just one time through a certain phase is not enough for you. We encourage everyone to repeat the Corrective or Strength phase as many times as you feel is necessary. In fact, we have had success by having our athletes complete the Corrective and Strength phase twice before they move on to the Power phase. However, you don't want to perform the Power phase more than one cycle without going back to the corrective phase first.

## The Corrective Phase

The Corrective Phase is a three week program that is designed to prepare the body for more intense training while also addressing asymmetries. Over time, the human body adapts to routine by developing asymmetries throughout the body. Sit in a chair too much, your hip flexors tighten and gluteal muscles become dormant. Play tennis too much without training, your body rotates too much and develops more strength in that plan of motion. Serve with your right arm over and over again, and the abdominal muscles, lats and shoulder develop more than the opposing side.

While some of these adaptations can aid your game in the short term, over time the body will begin to break down and cause injury. The Corrective phase has an emphasis on unilateral training, which allows you to focus on developing opposing sides of the body independently. As the weaker sides of your body develop you will not only perform better on the court but you will also stay injury free.

This phase also lays a foundation for performing more complex, bilateral movements. You will begin to learn the Turkish Get Up, which will become one of the most important exercises in your arsenal. Your body will also be prepped to train multi-joint, compound movements such as the squat and deadlift. These exercises are essential for total body strength and power, as well as overall athleticism.

## The Strength Phase

The Strength Phase is a three week program that will provide the total body strength necessary for better performance on the tennis court. A stronger body will provide you with the ability to be more aggressive on the court, allow you to go into more athletic positions for shots, as well as increase your potential for quickness and power.

This phase has an emphasis on bilateral, total body movements such as the Romanian Deadlift and the Squat, while also training a great deal of pulling exercises to establish strength and integrity in the shoulders and back. These muscles, including the gluts and hamstrings (which are taken care of by the RDL and squat) are the “money makers” for all athletes. The muscles on the posterior side of the body play an essential role in power production, quickness, shoulder health and injury prevention.

To be honest, for many people, they must simply get stronger if they are going to play, and enjoy, a sport that requires the complex movements that tennis does. We see it all of the time in our facility, athletes that have the skill and desire to be great but don't possess the total body strength to stay injury free and efficient. Strength has received a bad rap over the years, and at some point people decided that only contact sports like football required that the athletes be strong. This is false. Period. People incorrectly believe that strength is something that is reserved for massive, muscular bodybuilders. Being strong has very little to do with appearance, and everything to do with how the body stabilizes, moves, and reacts in an athletic environment. Trust us, you're not as strong as you think and you must get stronger if you are going to progress and excel in tennis.

In addition, if you are relatively untrained as an athlete, you will see an increase in power from the Strength phase alone. As you get stronger, you will be able to explode more efficiently through your serve, accelerate from side to side on the court, and react quickly to your opponent's shots. After all, power is a measurement of the rate at which you can develop force, in this case, the rate at which you can move your body through space. The stronger the body, the more force you can develop.



## The Power Phase

Power is the difference maker for athletes at all levels, in all sports. It allows for the movements that take our breath away and leave us shaking our heads in amazement. It's what creates that moment in tennis when a shot leaves an opponent flatfooted, unable to even offer an attempt at a return. It is the one key element that all great athletes possess.

And lucky for you, it can be trained.

Sure, it's true that very few of us will ever develop the power that many elite athletes possess. For most of those select few, it's a combination of genetics and development that has been nurtured for years. However, you can still become more powerful as an athlete. And now that you are stronger we can spend some time developing it.

The three week Power phase places an emphasis on power production through the use of more complex, dynamic movements. However, we know that as a tennis player, you must be able to replicate power several times throughout a match. Because of this, we have designed the program to challenge your power endurance, the ability for you to do explosive movements with shorter rest periods over a duration of time.

Each workout will begin with an explosive movement and a longer recovery period. After that is completed, you will be asked to perform multiple movements with minimal recovery time. As with all of the workouts, you are ultimately the judge as to how you are feeling and moving. Nobody knows your body better than you do. If you find that you are fatiguing quickly or that your technique is being compromised, feel free to give yourself a little bit longer recovery in between exercises and sets.

These exercises should be performed in a controlled, but explosive manner. As with previous exercises, technique will be key here in your development. Because of the explosive nature required for power development, there is a greater risk of potential injury. It's important that you give yourself some time to master the exercise before you begin performing it explosively. Furthermore, special consideration should be given to the fact that explosive never means out of control. As an athlete, you should always be in control of your body and the movement it is creating.

As was stated earlier, never perform the power phase for more than one cycle. Power work is fun but it is the foundation (Corrective and Strength) that will be essential for your long term development.

# Soft Tissue and Mobility Section

The soft tissue and mobility/activation work we have put together for you is designed to not only serve as recovery work for your “off” days, but also as a warm up for your training days. As you become more and more familiar with these exercises you will most likely find some that resonate and seem to prep your body really well. These exercises will be the ones that you need to perform on the court before you play. Perform this routine daily before training sessions.

## Soft Tissue And Mobility

### **Foam Roll Series**

Quadriceps  
IT Bands  
Hamstrings  
Adductors  
Thoracic Spine

### **Lax Ball Series**

Shoulders (Posterior Capsule)  
Glutes  
Calves

### **Mobility/Activation**

Ankle Rocker x 10 reps  
Clams With Bands x 10 reps  
Glute Bridge x 10 reps  
Adductor Mobilization x 10 reps  
Hip Flexor And Quad Mobilization x 10 reps  
Lateral Band Walk x 10 reps  
Hip Internal Rotation Isometric x :05  
Quad Stretch With Bench x 10 reps  
Quadruped Thoracic Spine Extension With Rotation x 10 reps  
Lat Mobilization x 10 reps  
Arm Circles x 10 reps  
Quadrant Stability x 5 reps  
Posterior Fascia Release x :20-:30

## Deloading

Training consistently, along with outside stressors such as work, sport or lack of quality recovery can begin to cause your body to break down. Because of this we recommend you take a deload week after every cycle in the program.

A deload week doesn't mean you stop training completely, it simply means that we take a step back on the intensity and/or volume. During a deload week we have our athletes really focus on mastering the movements and not concern themselves with pushing the pace, reps or weight. This freedom from chasing numbers allows the athlete to relax, both mentally and physically, and simply focus on how their body is working.

A deload is particularly important if you are coming off of a competitive stretch of matches and your body feels worse than the normal soreness that may accompany competitive athletics.

During a deload, our athletes will dedicate at least three days to the mobility/soft tissue work. They will also train two other days that week, practicing the movements they feel give them the most trouble from the previous cycle. The weight is light and the reps are almost always kept to 3 – 5 reps.

This may seem like an unnecessary period for some, but you will be pleasantly surprised at how your body responds. It is not unusual for our athletes to have their best week of training following a deload.

Finally, it's important that you pay careful attention to your technique throughout this program. When in doubt, refer back to the website for instructional videos and always make sure that the weight you are using allows for clean technique. If you do not perform the exercise as we have instructed, then you will not receive the maximum benefit the exercise has to offer. Do not think about training muscles. Always think about training movements. If the movement is done correctly, the muscles will always adapt properly.

# Strength And Mobility For Tennis Workout Guidelines

**Disclaimer:** Consult your doctor and/or therapist any exercise program. 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 exercise programs with your doctor and/or physical therapist

Here's how this is going to work. You will get a 12 week, comprehensive program to follow. Each phase is 3 weeks in length with a deload week after each section. Make the time follow the program as instructed unless you are not able to follow the power phase section because it is too advanced. You can always repeat the corrective and strength phases instead and still get great results. Make sure to incorporate the deload week at the end of each phase so that you give your body and mind adequate time to recover to prepare for the next phase of the program

If you follow this program you'll notice significant strength and mobility gains after 12 weeks. You can also repeat this program repeatedly throughout the year and feel free to create more variety and challenges by adding more advanced exercises or more resistance. It is important to keep the sets and reps and rest time during the strength workouts the same. To make huge strength gains, you do not want to train to fatigue and you want to give yourself plenty of rest.

When you follow the Strength and Mobility for tennis program you won't believe the progress you'll make. Please consider journaling to log your progress so you can see how far you have come.

# The Strength And Mobility For Tennis Program

## Week 1 – Corrective

Perform Warm Up Routine Before Every Training Session

Rest 45 Seconds Between Exercises

Rest 2 Minutes Between Supersets

### **Day 1**

A1) Single Leg Deadlift – 4 sets x 8 rep

A2) Single Arm Row – 4 sets x 10 reps

B1) Hip Extension with Leg Curl – 4 sets x 8 reps

B2) Single Arm DB Bench Press With Anti-Rotation - 4 sets x 8 reps

C1) Pallof Press – 3 sets x 10 reps

C2) Powell Raise 3 sets x 8 reps

### **Day 2**

A1) Step Back Lunge – 4 sets x 8 reps

A2) Pull Ups – 4 sets x 5 reps

B1) Elevated Glute Bridge – 4 sets x 8 reps

B2) Walking Push Ups – 4 sets x 6 reps

C1) Front Plank – 3 sets x 3 reps of :10

C2) Shoulder External Rotation – 3 sets x 5 reps

### **Day 3**

A1) Bulgarian Split Squats - 4 sets x 8 reps

A2) Row Isometric Hold - 4 sets x :10 hold

B1) Hip Extension with Leg Curl - 4 sets x 8 reps

B2) Half Turkish Get Up With :05 Pause – 4 sets x 2 reps

- C1) Side Plank – 3 sets x 3 reps of :10
- C2) Blackburns – 3 sets x 5 reps

## **Week 2 – Corrective**

Perform Warm Up Routine Before Every Training Session  
Rest 30 Seconds Between Exercises  
Rest 2 Minutes Between Supersets

### **Day 1**

- A1) Single Leg Deadlift – 4 sets x 8 rep
- A2) Single Arm Row – 4 sets x 10 reps
- B1) Hip Extension with Leg Curl – 4 sets x 8 reps
- B2) Single Arm DB Bench Press With Anti-Rotation - 4 sets x 8 reps
- C1) Pallof Press – 3 sets x 10 reps
- C2) Powell Raise 3 sets x 8 reps

### **Day 2**

- A1) Step Back Lunge – 4 sets x 8 reps
- A2) Pull Ups – 4 sets x 5 reps
- B1) Elevated Glute Bridge – 4 sets x 8 reps
- B2) Walking Push Ups – 4 sets x 6 reps
- C1) Front Plank – 3 sets x 3 reps of :10
- C2) Shoulder External Rotation – 3 sets x 5 reps

### **Day 3**

- A1) Bulgarian Split Squats - 4 sets x 8 reps
- A2) Row Isometric Hold - 4 sets x :10 hold
- B1) Hip Extension with Leg Curl - 4 sets x 8 reps
- B2) Half Turkish Get Up With :05 Pause – 4 sets x 2 reps
- C1) Side Plank – 3 sets x 3 reps of :10
- C2) Blackburns – 3 sets x 5 reps

## **Week 3 – Corrective**

Perform Warm Up Routine Before Every Training Session

Rest 15 Seconds Between Exercises

Rest 2 Minutes Between Supersets

### **Day 1**

A1) Single Leg Deadlift – 4 sets x 8 rep

A2) Single Arm Row – 4 sets x 10 reps

B1) Hip Extension with Leg Curl – 4 sets x 8 reps

B2) Single Arm DB Bench Press With Anti-Rotation - 4 sets x 8 reps

C1) Pallof Press – 3 sets x 10 reps

C2) Powell Raise 3 sets x 8 reps

### **Day 2**

A1) Step Back Lunge – 4 sets x 8 reps

A2) Pull Ups – 4 sets x 5 reps

B1) Elevated Glute Bridge – 4 sets x 8 reps

B2) Walking Push Ups – 4 sets x 6 reps

C1) Front Plank – 3 sets x 3 reps of :10

C2) Shoulder External Rotation – 3 sets x 5 reps

### **Day 3**

A1) Bulgarian Split Squats - 4 sets x 8 reps

A2) Row Isometric Hold - 4 sets x :10 hold

B1) Hip Extension with Leg Curl - 4 sets x 8 reps

B2) Half Turkish Get Up With :05 Pause – 4 sets x 2 reps

C1) Side Plank – 3 sets x 3 reps of :10

C2) Blackburns – 3 sets x 5 reps

## **Week 4 – Deload**

The Deload phase is the perfect time to perfect and practice movements.

Perform the Mobility/Warm Up workout in its entirety 3x during the week, paying close attention to areas that seem to be tight or restricted

Perform the exercises from the previous phase that seemed to be difficult or cause the most frustration physically 2x during the week

Key points:

-Keep the intensity/weight low for all exercises. Remember that you're practicing the movement, not trying to overload it.

-All sets and reps should be 3 x 3-5. Again, focus on practicing the movement rather than feeling any fatigue

## **Week 5 – Strength**

Perform Warm Up Routine Before Every Training Session

Rest 2 Minute Between Supersets

### **Day 1**

A1) Goblet Squat – 5 sets x 5 reps

A2) Band Pull Aparts – 5 sets x 10 reps

\*\*1:00 rest period between exercises

B1) Kettlebell Swings – 4 sets x 10 reps

B2) Walking Push Ups – 4 sets x 8 reps

\*\* :30 rest period between exercises



C1) Pallof Press – Split Stance – 3 sets x 10 reps  
C2) Powell Raise – 3 sets x 8 reps

\*\*No rest between exercises

## Day 2

A1) Romanian Deadlift (RDL) – 5 sets x 5 reps  
A2) Pull Ups – 5 sets x 5 reps\*

\*:10 eccentric only if unable to do a strict pull up

\*\*1:00 rest period between sets

B1) Step Back Lunge – 4 sets x 8 reps  
B2) Half Turkish Get Up With a :05 Sec Pause – 4 sets x 2 reps

\*\* :30 rest period between sets

C1) Stir the Pot – 3 sets x 8 reps  
C2) Halos – 3 sets x 5 reps

\*\*No rest period

## Day 3

A1) Single Leg Glute Bridge – 5 sets x 5 reps  
A2) Single Arm Dumbbell Row – 5 sets x 8 reps

\*\*1:00 rest period between sets

B1) Kettlebell Swings – 4 sets x 15 reps  
B2) Push Up – 4 sets x 12 reps

\*\* :30 rest period between sets

C1) Half Kneeling Chops - 3 sets x 10 reps  
C2) Blackburns – 3 sets x 3 reps

\*\*No rest period

## **Week 6 – Strength**

Perform Warm Up Routine Before Every Training Session  
Rest 2 Minutes Between Supersets

### **Day 1**

A1) Goblet Squat – 5 sets x 5 reps  
A2) Band Pull Aparts – 5 sets x 10 reps

\*\*1:00 rest period between sets

B1) Kettlebell Swings – 4 sets x 10 reps  
B2) Walking Push Ups – 4 sets x 8 reps

\*\* :30 rest period between sets

C1) Pallof Press – Split Stance – 3 sets x 10 reps  
C2) Powell Raise – 3 sets x 8 reps

\*\*No rest period

### **Day 2**

A1) Romanian Deadlift (RDL) – 5 sets x 5 reps  
A2) Pull Ups – 5 sets x 5 reps\*

\*:10 eccentric only if unable to do a strict pull up

\*\*1:00 rest period between sets

B1) Step Back Lunge – 4 sets x 8 reps  
B2) Half Turkish Get Up With A Pause – 4 sets x 2 reps

\*\* :30 rest period between sets

C1) Stir the Pot – 3 sets x 8 reps

C2) Halos – 3 sets x 5 reps

\*\*No rest period

## **Day 3**

A1) Single Leg Glute Bridge – 5 sets x 5 reps

A2) Single Arm Dumbbell Row – 5 sets x 8 reps

\*\*1:00 rest period between sets

B1) Kettlebell Swings – 4 sets x 15 reps

B2) Push Up – 4 sets x 12 reps

\*\* :30 rest period between sets

C1) Half Kneeling Chops - 3 sets x 10 reps

C2) Blackburns – 3 sets x 3 reps

\*\*No rest period

## **Week 7 – Strength**

Perform Warm Up Routine Before Every Training Session

Rest 2 Minutes Between Supersets

### **Day 1**

A1) Goblet Squat – 5 sets x 5 reps

A2) Band Pull Aparts – 5 sets x 10 reps

\*\*1:00 rest period between sets

B1) Kettlebell Swings – 4 sets x 10 reps

B2) Walking Push Ups – 4 sets x 8 reps

\*\*:.30 rest period between sets

C1) Pallof Press – Split Stance – 3 sets x 10 reps

C2) Powell Raise – 3 sets x 8 reps

\*\*No rest period

## Day 2

A1) Romanian Deadlift (RDL) – 5 sets x 5 reps

A2) Pull Ups – 5 sets x 5 reps\*

\*:10 eccentric only if unable to do a strict pull up

\*\*1:00 rest period between sets

B1) Step Back Lunge – 4 sets x 8 reps

B2) Half Turkish Get Up With a :05 Sec Pause – 4 sets x 2 reps

\*\*:.30 rest period between sets

C1) Stir the Pot – 3 sets x 8 reps

C2) Halos – 3 sets x 5 reps

\*\*No rest period

## Day 3

A1) Single Leg Glute Bridge – 5 sets x 5 reps

A2) Single Arm Dumbbell Row – 5 sets x 8 reps

\*\*1:00 rest period between sets

B1) Kettlebell Swings – 4 sets x 15 reps

B2) Push Up – 4 sets x 12 reps

\*\*:.30 rest period between sets

C1) Half Kneeling Chops - 3 sets x 10 reps

C2) Blackburns – 3 sets x 3 reps

\*\*No rest period

## **Week 8 – Deload**

The Deload phase is the perfect time to perfect and practice movements.

Perform the Mobility/Warm Up workout in its entirety 3x during the week, paying close attention to areas that seem to be tight or restricted

Perform the exercises from the previous phase that seemed to be difficult or cause the most frustration physically 2x during the week

Key points:

-Keep the intensity/weight low for all exercises. Remember that you're practicing the movement, not trying to overload it.

-All sets and reps should be 3 x 3-5. Again, focus on practicing the movement rather than feeling any fatigue

## **Week 9 – Power**

Perform Warm Up Routine Before Every Training Session

## Day 1

A1) Seated Vertical Jump – Week 1 - 3 sets x 3 reps  
Week 2 - 3 sets x 4 reps  
Week 3 – 3 sets x 5 reps

\*\*1:00 rest period between sets

B1) Goblet Squat - 4 sets x 6 reps

B2) Seesaw Dumbbell Bench Press - 4 sets x 6 reps

B3) Inverted Row – 4 sets x 8 reps

\*\* :20 rest period between sets

C1) Kettlebell Swings – 3 sets x 20 reps

C2) Single Arm Farmer's Walk 3 sets x 40 yards

\*\* :30 rest period between sets

## Day 2

A1) Medicine Ball Slams – Week 1 – 3 sets x 5 reps  
Week 2 – 3 sets x 8 reps  
Week 3 – 3 sets x 10 reps

\*\*1:00 rest period between sets

B1) Single Arm Overhead Press/Pull Up Ladder — Week 1 – 2 sets of 3:00  
Week 2 – 2 sets of 4:00  
Week 3 – 2 sets of 5:00

\*\*1:00 rest period between sets

- C1) Step Back Lunge – 3 sets x 12 reps
- C2) Push Up Hold With Cable Reach – 3 sets x 10 reps

\*\*No rest period

### **Day 3**

- A1) Lateral Box Blasts – Week 1 – 3 sets x 5 reps  
Week 2 – 3 sets x 8 reps  
Week 3 – 3 sets x 10 reps

\*\*1:00 rest period between sets

- B1) Single Leg Glute Bridge – 4 sets x 5 reps
- B2) Med Ball Chest Throw – 4 sets x 10 reps
- B3) Scap ABC's – 4 sets x :30

\*\* :20 rest period between sets

- C1) Kettlebell Swings – 3 sets x 20 reps
- C2) Single Arm Farmer's Walk – 3 sets x 40 yards

\*\* :30 rest period between sets

## **Week 10 – Power**

Perform Warm Up Routine Before Every Training Session

### **Day 1**

- A1) Seated Vertical Jump –Week 1 - 3 sets x 3 reps  
Week 2 - 3 sets x 4 reps  
Week 3 – 3 sets x 5 reps

\*\*1:00 rest period between sets

B1) Goblet Squat - 4 sets x 6 reps

B2) Seesaw Dumbbell Bench Press - 4 sets x 6 reps

B3) Inverted Row – 4 sets x 8 reps

\*\*20 rest period between sets

C1) Kettlebell Swings – 3 sets x 20 reps

C2) Single Arm Farmer's Walk 3 sets x 40 yards

\*\*30 rest period between sets

## **Day 2**

A1) Medicine Ball Slams – Week 1 – 3 sets x 5 reps

Week 2 – 3 sets x 8 reps

Week 3 – 3 sets x 10 reps

\*\*1:00 rest period between sets

B1) Single Arm Overhead Press/Pull Up Ladder — Week 1 – 2 sets of 3:00

Week 2 – 2 sets of 4:00

Week 3 – 2 sets of 5:00

\*\*1:00 rest period between sets

C1) Step Back Lunge – 3 sets x 12 reps

C2) Push Up Hold With Cable Reach – 3 sets x 10 reps

\*\*No rest period



## Day 3

A1) Lateral Box Blasts – Week 1 – 3 sets x 5 reps  
Week 2 – 3 sets x 8 reps  
Week 3 – 3 sets x 10 reps

\*\*1:00 rest period between sets

B1) Single Leg Glute Bridge – 4 sets x 5 reps  
B2) Med Ball Chest Throw – 4 sets x 10 reps  
B3) Scap ABC's – 4 sets x :30

\*\*20 rest period between sets

C1) Kettlebell Swings – 3 sets x 20 reps  
C2) Single Arm Farmer's Walk – 3 sets x 40 yards

\*\*30 rest period between sets

## Week 11 – Power

Perform Warm Up Routine Before Every Training Session

## Day 1

A1) Seated Vertical Jump – Week 1 - 3 sets x 3 reps  
Week 2 - 3 sets x 4 reps  
Week 3 – 3 sets x 5 reps

\*\*1:00 rest period between sets

B1) Goblet Squat - 4 sets x 6 reps  
B2) Seesaw Dumbbell Bench Press - 4 sets x 6 reps  
B3) Inverted Row – 4 sets x 8 reps

\*\*20 rest period between sets

C1) Kettlebell Swings – 3 sets x 20 reps

C2) Single Arm Farmer's Walk 3 sets x 40 yards

\*\*30 rest period between sets

## Day 2

A1) Medicine Ball Slams – Week 1 – 3 sets x 5 reps

Week 2 – 3 sets x 8 reps

Week 3 – 3 sets x 10 reps

\*\*1:00 rest period between sets

B1) Single Arm Overhead Press/Pull Up Ladder — Week 1 – 2 sets of 3:00

Week 2 – 2 sets of 4:00

Week 3 – 2 sets of 5:00

\*\*1:00 rest period between sets

C1) Step Back Lunge – 3 sets x 12 reps

C2) Push Up Hold With Cable Reach – 3 sets x 10 reps

\*\*No rest period

## Day 3

A1) Lateral Box Blasts – Week 1 – 3 sets x 5 reps

Week 2 – 3 sets x 8 reps

Week 3 – 3 sets x 10 reps

\*\*1:00 rest period between sets

B1) Single Leg Glute Bridge – 4 sets x 5 reps  
B2) Med Ball Chest Throw – 4 sets x 10 reps  
B3) Scap ABC's – 4 sets x :30

\*\* :20 rest period between sets

C1) Kettlebell Swings – 3 sets x 20 reps  
C2) Single Arm Farmer's Walk – 3 sets x 40 yards

\*\* :30 rest period between sets

## **Week 12 – Deload**

The Deload phase is the perfect time to perfect and practice movements.

Perform the Mobility/Warm Up workout in its entirety 3x during the week, paying close attention to areas that seem to be tight or restricted

Perform the exercises from the previous phase that seemed to be difficult or cause the most frustration physically 2x during the week

Key points:

- Keep the intensity/weight low for all exercises. Remember that you're practicing the movement, not trying to overload it.
- All sets and reps should be 3 x 3-5. Again, focus on practicing the movement rather than feeling any fatigue

## FAQs

**Q: I lift in a busy commercial gym and it may not be possible to perform the supersets exactly as written in the program without someone taking the weights I'm using. What do you suggest?**

A: Supersets are largely done for efficiency and time constraints. The primary objective is to perform all of the exercises with the volume we have prescribed. Doing the exercises one at a time is okay if necessary.

**Q: If I only have time to do the mobility and activation drills daily and not the main program, can I still get positive results and improve my tennis.**

A: Yes, everyone can benefit from mobility and activation work. However, the missing piece for many athletes is a foundation of strength. Even 2 days of strength training per week will help.

**Q: I'm right in the middle of my busy tennis season, but I want to start this program right away. I've never trained this way before. Should I alter the program in anyway so that I can avoid overtraining and/or soreness?**

A: We can understand your concern. We suggest you do begin. We have developed the program with periodization built in. That is, the phases we have outlined do allow for the body to adapt to the new form of stress from training. That being said, if you are entirely new to strength training or have not trained in this manner for some time, you may get a little sore. If you are competing, you could always modify the program by not training within 48 hours of your match.

**Q: I'm interested in playing in a tournament in a few months and am wondering if I should change the program as I get closer to the event?**

A: If you have not been through the corrective and strength phases at least twice, we recommend you stick with the program. If you have already done this, you can use the power phase to prep for a tournament. We have had a lot of success with athletes deloading the week before a tournament to recover.

**Q: The Half Turkish Get Up with a Pause looks like a very technical exercises to learn. I'm having trouble knowing if I'm doing it correctly. Should I just perform the exercise without a weight until I know I feel good about doing it? Is there an alternative exercise to the Half Turkish Get Up?**

A: The pause we put into the Half Turkish Get Up is intentional. It is put there to help you move closer to mastering the movement. We believe the HTGU is an exercise that you can always improve upon. When we teach the HTGU and the Full Turkish Get Up in our facility we do usually teach it without extra weight. A good drill to do when first learning the movement is to do it with the bottom of your shoe resting on your closed fist. This will force you to move at the right pace as well as keeping certain joints stable; for example, your wrist and elbow.

**Q: Is there any benefit to performing the foam rolling and lacrosse ball exercises after my workouts or in the evening when I get home instead of before my training?**

A: There is always benefit to soft tissue work but more is not always better. Smashing down tissue over and over again can sometimes cause more harm than good. However, a little bit after you train and at night can help, especially in areas that are causing problems.

**Q: I train in the morning before work and currently do my warm up at home while I'm having a cup for coffee before driving to the gym. This saves me time and I'd like to continue in this fashion. Are you ok with this?**

A: We are okay with this. However, if your commute to the gym is long enough where your body temperature cools, or if you get out of your car "feeling tight", we advise you do a few of the warm up exercises in the gym as well before beginning the training program exercises.

**Q: If I miss a training day, what do you suggest I do to get back on track?**

A: If you miss a day, simply perform the missed workout the next day and proceed as scheduled from there. To get back on a regular schedule, remove the recovery day over the weekend.

**Q: I'm going on vacation for a week and won't have access to a gym or all the equipment I need. I've got a good routine going and am concerned about losing all the gains I've made. What do you suggest?**

A: This is the perfect time to have a deload week. If you've recently deloaded during the program simply performing bodyweight exercises (split squat, push ups, planks, Turkish get ups) and the mobility routine will be more than enough to prevent any gains from being lost.

**Q: Is there a problem with splitting up the 3 day per week program into 2 day per week program? I realize it will take longer to get through each phase, but I really don't have the time for 3x per week right now?**

A: Performing the program 2x per week is fine. The gains might not come as quickly but the program will still work.

**Q: Should I do any other training besides this program and my usual tennis practice? Should I add in interval/cardio sessions, and if so how often and how long should I do them?**

A: We recommend that you do the program alone, at least for 8 weeks to see how you are responding and recovering from the training. There are interval/cardio sessions built into the program. Anything more than that and you might begin taking away from the training or your tennis.

**Q: I'm feeling a bit tired and run down since starting the program. What do you suggest?**

A: Make sure you are getting enough sleep at night for starters. In addition, make sure that nutritionally you are on track. Overdosing on sugar day after day will affect insulin levels in the body and can cause you to feel lethargic and tired. Supplementing with fish oil, Vitamin D, and a probiotic may also help. We have found that improving digestion also helps with energy levels.

**Q: How long will it take me to get through the foam rolling and mobility/activation drills?**

A: 15-20 minutes.

**Q: How long should the workout take from the time I begin the foam rolling and mobility/activation drills to the time I finish the last exercise in the workout?**

A: Approximately 50-60 minutes.

**Q: What are your thoughts about going to failure on any of the exercises?**

A: We don't advocate going to failure on any exercises. Going to failure often includes poor technique and unhealthy movement patterns. Two things we definitely want to avoid on this program.

**Q: Why did you choose the specific set and rep scheme in this program?**

A: We chose the rep and set scheme based on our experience working with hundreds of athletes. The volume presented here will provide the right amount of overload to elicit the adaptations needed to become a better athlete and tennis player.

**Q: Can I do extra work with my weak areas? If yes, would I add more related exercises or just sets and reps to the exercises you prescribe?**

A: Perform the program as prescribed for the first 8 weeks. That will give you enough time to be sure that your weak areas are not being addressed. If you find that you still have a deficit at that time, add in an extra set of an exercise that you are performing during that phase.

**Q: How do you feel about me adding sets of pullups and push ups on my non-training days?**

A: We suggest you stick to the outlined program. Recovery is just as important as the training as far as making marked progress goes.

**Q: I want to try a new pair of training sneakers, and want to go the minimalist route. What is your suggestion for the best footwear? What do you suggest?**

A: We both exclusively wear minimalist shoes when we train. We do recommend that everyone who trains with us wear as low of a drop as they can tolerate. If you are new to minimalist foot wear you should be conservative at first. For example, you would not attempt to run without allowing an adequate adaptation period first.

**Q: Is it acceptable to include some distance runs in the program?**

A: We don't have a problem with you adding a distance run to your program on a non-lifting day. Considering the demands of tennis, we generally recommend more interval-based conditioning work. We have found short- and medium-length intervals with shorter recovery intervals to work well. An example would be doing work on an Airdyne bike with work : rest intervals being 30 seconds of work and 15 seconds of rest. A longer interval may be 60 seconds of work and 45-60 seconds of rest. That being said, if you are going to add an aerobic distance session to your program, we suggest you make it one day a week.



After finishing the Strength And Mobility For Tennis Program, you can repeat the program multiple times if desired. Repeating this program will help you become a better athlete on and off the court by improving your strength and s. The workouts were designed to keep helping you progress. You'll notice a different in a just a few weeks especially by practicing the mobility/activation drills consistently.

If you choose to repeat the program multiple times, make sure you add in the "deload" weeks after each phase. Also, make sure you take adequate rest before starting the program over again so that you feel fresh mentally and physically. Sometimes it's better to give your mind and body a rest when training so that your body can recover and progress. If you want more great workouts and lessons, you can also check out the Total Tennis Training Inner Circle.

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## Powerful Total Tennis Training Testimonials

**Jeff:**

***“Your site is amazing. Your energy and enthusiasm really makes the difference. It is wonderful to have a person with your recent background in the top 100 actually willing to share your insights of the modern game with players of all levels. There are very few who can play and teach at this high level, and there are certainly not any others on the internet. Keep up the great work and thank you. “***

***Best regards, Peter***

***“I was recently telling a friend about subscribing to your site to receive virtual tennis coaching and tips. What I really like is the ability to log-in and review lessons weekly prior to a league tennis match. For normal working guys like me, this gives me the flexibility to learn and absorb at my own pace. I've learned more in 2 days of watching video clips on-line than I have ever imagined. I find myself going back to the same videos to focus and concentrate on things that I want to work on. Oh yeah, in regards to improving...yes..it's working!”***

***Thanks, Thai La***

***“Overall I really like the format and the approach you are taking and it has been really helpful. It is like a sweet shop/candie shop for tennis players and I have been dipping in and out of the content to understand what is here. At the moment I am working on the basics the backhand and forward drives. I found your videos really helpful on both and I am improving. I have change my grips, I really like the stalking the ball forward take back advise this really helps. I am a single hander on the backhand and this has always been my best shot. This is also improving. The nugget I got here was the head position, which you covered in one of your lesson (longer video's).***

***Total tennis the video breakdown are really good and break it down into pieces so you can see in detail all the elements. The lessons are really great as they are longer and much more interactive.”***

***Cheers, Craig***

***“Your lessons have been a God send. I am so thrilled to have found your sight. You have done a masterful job at communicating excellent tennis training. A great job!”***

**-Tom**

**Jeff,**

***“I have been teaching tennis for almost 40 years in Long Island NY. I think your e-mails and almost daily tips are fantastic. They are relevant, cutting edge, interesting and food for thought. Keep up the great work!!***

***Maybe see you at the U. S. Open this summer!”***

**-Bob, USPTA**

**Hi Jeff,**

***“Your site, the content and low cost is awesome, can you say super value...you’re the man! I’m here in Orlando for work, playing a couple of hours a day, 80F, loving it. Holding that finish and getting these old legs and core a little stronger. I can’t tell if I get more out of the fitness or the technique instruction, I think the fitness is a huge part of the control...it’s all good.”***

**Cheers, Paul**

**Jeff -**

***“First, let me say congratulations and thank you! This is without a doubt great material presented with passion and encouragement to become a better player. Thank you for that. It's working. Wish I was closer to Colorado in order to experience the JST magic in person!”***

**-Kevan**

***"I have seen some improvement in my game since joining T3 only about 2 weeks ago. Your "elbow high" tip on the backhand forehand finish has transformed mine. I now get a ridiculously high percentage of backhand forehands in. -kind of unfair to my non-T3 opponents!"***

**-Joe G**

***"Hi Jeff! First of all, thanks for all this information. It has been really helpful from the beginning. When I subscribed to The Inner Circle, I was at a 4.0 NTRP rating, and now I'm playing at a 4.5 level and doing great. Since subscribing to The Inner Circle I've gone 17-1! I love the workout routines! They are a very convenient way of working out, and very effective at the same time, without having to sacrifice too much time on the gym. Great job! Thanks!"***

**-Johan**

**Hi Jeff,**

***"I've been involved in the fitness, sports and coaching industry nearly all my working life and really value anything that can make a positive contribution to what I do. I am a tennis fanatic, playing and coaching a few people in Spain, and have already started seeing very promising results.***

***There is so much fantastic information about every aspect of the game. So far it's been invaluable! For someone who's been involved in the fitness industry for a long time, and particularly interested in new ways of making gains in performance, I appreciate anything that adds something new, exciting and most importantly works.***

***Every section of your site is so helpful, providing very detailed, unique information. You don't over complicate and get straight to the point ....that makes learning much easier.***



**[Join The Total Tennis Training Inner Circle For Just \\$1](#)**