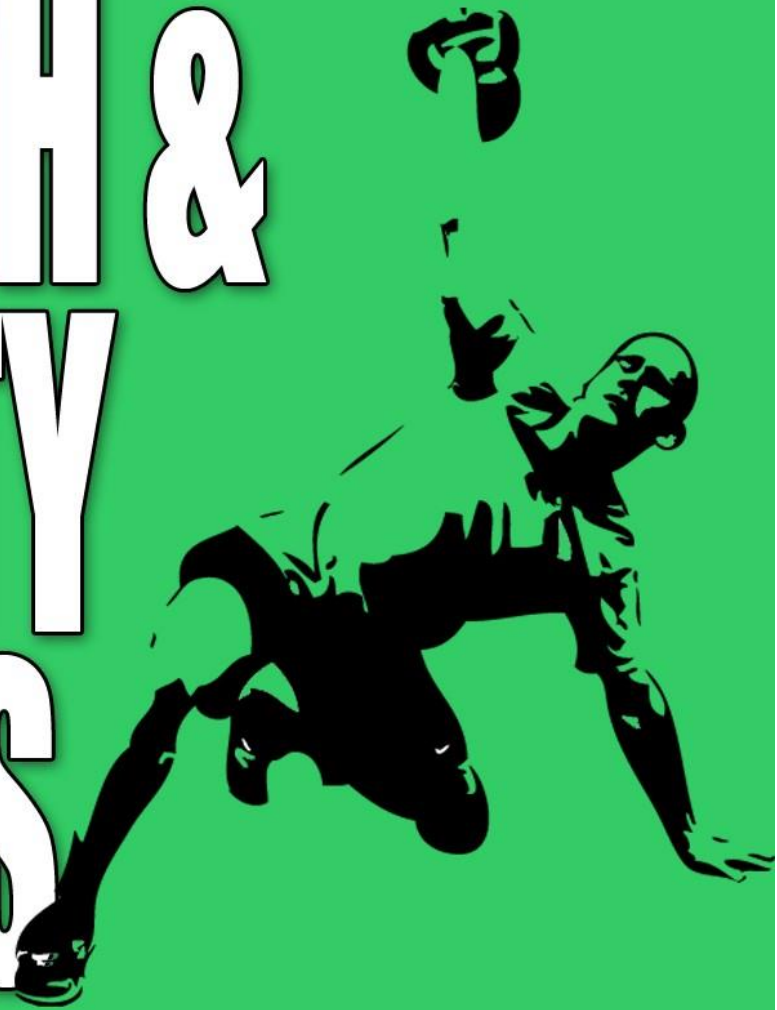


Strength & Mobility for Tennis

STRENGTH & MOBILITY FOR TENNIS



Training Templates

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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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Mobility/Activation Drills

Perform the warm-up series every day before your workouts

Foam Roll Series

Quads
IT Bands
Hamstrings
Adductors
Thoracic Spine

Lax Ball Series

Shoulders - Posterior Capsule
Glutes
Calves

Mobility/Activation Drills

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

Phase 1 – Corrective Phase Weeks 1 - 3

Day 1

	Exercises	Sets/Reps	Week 1	Week 2	Week 3
A1	Single Leg Deadlift	4 x 8			
A2	Single Arm Row	4 x 10			
B1	Hip Extension With Leg Curl	4 x 8			
B2	Single Arm Dumbbell Bench Press With Anti-Rotation	4 x 8			
C1	Palloff Press	3 x 10			
C2	Powell Raise	3 x 8			

Day 2

	Exercises	Sets/Reps	Week 1	Week 2	Week 3
A1	Step Back Lunge	4 x 8			
A2	Pull Ups	4 x 5			
B1	Elevated Hip Bridge	4 x 8			
B2	Walking Push Ups	4 x 6			
C1	Front Plank	3 x 3 x :10			
C2	Shoulder External Rotation	3 x 5			

Day 3

	Exercises	Sets/Reps	Week 1	Week 2	Week 3
A1	Bulgarian Split Squat	4 x 8			
A2	Row Iso Hold	4 x :10			
B1	Hip Extension With Leg Curl	4 x 8			
B2	Half Turkish Get Up With 5 Second Pause	4 x 2			
C1	Side Plank**	3 x 3 x :10			
C2	Blackburns	3 x 5			

Rest Period

Week 1: 45 seconds between exercises

Week 2: 30 seconds between exercises

Week 3: 15 seconds between exercises

Rest 2 minutes after each superset

**Rest as needed in between :10 sec holds during the sets of Side Plank

3 x 10 sec holds count as one set

Week 4: Deload Week – Active Rest and Recovery

Phase 2 – Strength Phase Weeks 5 - 7

Day 1

	Exercises	Sets/Reps	Week 1	Week 2	Week 3	Rest Period
A1	Goblet Squat	5 x 5				1:00
A2	Pull Aparts With Bands	5 x 10				1:00
B1	Kettlebell Swings	4 x 10				:30
B2	Walking Push Ups	4 x 8				:30
C1	Palloff Press - Split Stance	3 x 10				No Rest
C2	Powell Raise	3 x 8				No Rest

Day 2

	Exercises	Sets/Reps	Week 1	Week 2	Week 3	Rest Period
A1	Romanian Deadlift	5 x 5				1:00
A2	Pull Ups	5 x 5				1:00
	*:10 negative if unable to do strict pull up					
B1	Step Back Lunge	4 x 8				:30
B2	Half Turkish Get Up 5 Sec Pause	4 x 2				:30
C1	Stir The Pot	3 x 8				No Rest
C2	Halos	3 x 5				No Rest

Day 3

	Exercises	Sets/Reps	Week 1	Week 2	Week 3	Rest Period
A1	Single Leg Glute Bridge	5 x 5				1:00
A2	Single Arm Dumbbell Row	5 x 8				1:00
B1	Kettlebell Swings	4 x 15				:30
B2	Pushup	4 x 12				:30
C1	Kneeling Chops	3 x 10				No Rest
C2	Blackburns	3 x 3				No Rest

Rest Period

Rest 1 minute after A2 before starting B1

Rest 30 seconds after B2 before starting C1

Rest 2 Minutes After Each Superset

Week 8: Deload Week – Active Rest and Recovery

Phase 3 – Strength Phase Weeks 9 - 11

Day 1

	Exercises	Sets/Reps	Week 1	Week 2	Week 3	Rest Period
A1	Seated Vertical Jump		3 x 3	3 x 4	3 x 5	1:00
B1	Goblet Squat	4 x 6				:20
B2	Seesaw Dumbbell Bench Press	4 x 6				:20
B3	Inverted Row	4 x 8				:20
C1	Kettlebell Swings	3 x 20				:30
C2	Single Arm Farmer's Walk	3 x 30 yards				:30

Day 2

	Exercises	Sets/Reps	Week 1	Week 2	Week 3	Rest Period
A1	Med Ball Slams		3 x 5	3 x 8	3 x 10	1:00
B1	Single Arm Overhead Press - Pull Up Ladder		2 x 3:00	2 x 4:00	2 x 5:00	1:00
C1	Step Back Lunge	3 x 12				No Rest
C2	Push Up Hold With Cable Reach	3 x 10				No Rest

Day 3

	Exercises	Sets/Reps	Week 1	Week 2	Week 3	Rest Period
A1	Lateral Box Blasts		3 x 5	3 x 8	3 x 10	1:00
B1	Single Glute Bridge	4 x 5				:20
B2	Med Ball Chest Throw	4 x 10				:20
B3	Scap ABC's	4 x :30				:20
C1	Kettlebell Swings	3 x 20				:30
C2	Single Arm Farmer's Walk	3 x				:30

Rest Period

Rest 2 Minutes After Each Superset

Week 12: Deload Week – Active Rest and Recovery