

Jeff Salzenstein's

SHOULDER SAVER WORKOUTS

Training Manual



Shoulder Saver Workouts

Shoulder Saver Workouts

6 Weeks To A Bionic Shoulder

By Jeff Salzenstein, High Performance Coach

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 o 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 ...

Congratulations and way to go for picking up the Shoulder Saver Workouts Program, the complete shoulder health program to add velocity to your serve, improve your strength and flexibility of your shoulder, and significantly reduce the risk of shoulder injuries.

When you follow this shoulder system, your serve will improve because these exercises really work. The exercises in this program are specially designed to improve your shoulder function, improve other areas in your body that directly relate to the shoulder which in turn will give you the extra edge you are looking for on your serve.

Everyone knows you need a healthy, mobile, and strong, shoulder to develop a better serve. And many tennis players, complain of a bum shoulder. Just throw in a bag of ice after a long match or practice is not going to get to the root cause of your shoulder issues.

That is where this shoulder program comes into play. If you were ever confused about what exercises to perform to rehab your shoulder and to get it loose, limber, and solid, look no further. The answers are in this program. You will get exercises to warm up your shoulder and the rest of your body. You will also learn which strength exercises to implement and which ones will create more stability, mobility, and balance in your body which will directly impact the function of your shoulder. And you know what that means?

Faster serves with more control and spin that you can hit day after day without pain.

This step by step system for developing a bionic shoulder is a wonderful complement to all the cutting edge tennis lessons that I have been sharing with so many tennis players all over the world.

Your friend and coach,

Jeff Salzenstein
Creator, Shoulder Saver Workouts

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 it 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 1 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 you're 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 activation and 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 pre existing 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.

What The Shoulder Saver Workouts Will Do For You

The goal of the Shoulder Saver Workouts Program is simple: to help you rapidly improve your serve by dramatically improving your shoulder function through a targeted 6 week program.

You will also become more balanced and stable throughout your entire body especially in your core. You will gain strength, flexibility, mobility, stability, and resistance to injury.

There is no shoulder training program out there for tennis (that I know of:) that will consistently help you improve your shoulder health and therefore, your serve.

The shoulder is a very complex joint and a lot of things have to be in working order for you to have a chance to reduce and eliminate pain. When you get your shoulder feeling healthy strong, and mobile all at the same time, you can serve with more confidence and do things with the ball you never imagined possible.

Now...you can go the conventional route and use more traditional forms of training like icing after practice and matches, or going to a physical therapist who uses electrical stimulation, and ultrasound to “reduce” the pain. I will challenge you, however, to take a little more responsibility for getting to the root cause of your shoulder challenges (if you don’t have shoulder problems consider this your preparation training to avoid them altogether.

Instead, I want you to take more responsibility for your training and follow the program I have outlined in this 6 week program. Take a proactive approach with these cutting edge exercises and you will see a remarkable change for the better when it comes to how your shoulder and body actually function.

If you don’t, there is a much greater risk of having pain in your shoulder down the road which will keep you from playing the sport that you love. Fix your weakness with this program and play the best tennis of your life.

In The Shoulder Saver Workouts Program, you will follow a weekly program that addresses all aspects of shoulder function and health with the objective to make your serve a much bigger weapon.

Having a consistent plan (like the one I have outlined) that works for you, will help you make significant improvements in how your shoulder works for you. You will like the results with your serve too!

After just a few weeks, you will feel a big difference. Your shoulder will move in ways you did not think was possible...plus you will have a lot more stability which is probably more important than having a lot of flexibility.

When you go through the program for 6 weeks (you can repeat the program after the first 6 weeks) your serve will jump to another level...

This happens because this shoulder saver program works for you. It includes exercises that improve strength, mobility, flexibility, and stability. You will get joint mobility, active stretches, dynamic warm up, and corrective, and strength exercises all systematically formulated for you to improve FAST.

Take the time to follow this program. If time is a limiting factor, you can shorten the workouts, but do your best to get some or all of the workout in consistently throughout the 6 weeks.

If you miss a workout or two, get back on the horse keep progressing.

If any of the exercises give you pain, please stop and consult with a physician or therapist immediately. This program is geared to make you feel better, not worse so listen to your body.

Tennis is the sport of a lifetime so now that you are armed with this great information to help your shoulder, you can follow this routine and see and feel the improvements in your shoulder, your serve, and the rest of your game.

I would love to hear how great you are doing with this program, and thank you so much for being a dedicated player by going for it.

Shoulder Saver Workouts Program

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 your six week shoulder saver workouts program to help your serve.

Please make the necessary adjustments depending on your current fitness level, the current state of your shoulder, and time commitments you can reasonably make to the program.

The program is specifically designed for you to do workouts at least 3x times per week. You will do two strength workouts per week on Day 1 and Day 5 each week. In between those two strength workouts, you will perform a prehab/rehab workout for your shoulder on day 3. On your days off (days 2, 4, and 6) you can perform active recovery workouts provided you have the time and motivation.

The strength workouts will focus primarily on improving core, upper body, and shoulder strength with various exercises using your own bodyweight, resistant bands, and free weights.

The rehab/prehab workout will be more of the same in terms of using your bodyweight, resistant bands and free weights. The emphasis here will be challenging your body and to bring it more into balance. More strength in the sore will be created as will improving thoracic mobility (one of the cornerstones of shoulder health).

As you consistently perform these workouts and exercises you will notice dramatic improvements in how your shoulder feels.

You will notice that it will become easier to get into new positions we are teaching you the full Tennis Serve Secrets Course.

Here the Main Areas we are going to improve cover in the Shoulder Saver Workouts Program:

- **Shoulder Flexibility and Mobility**
- **Shoulder Strength**
- **Shoulder Connection With Hip And Body**
- **Shoulder Soft Tissue Quality**
- **Thoracic Mobility**
- **Core Strength**

The areas noted above will be addressed with the exercises that are integrated into the Shoulder Saver Workouts Program.

I feel very confident that you will see massive results especially if these exercises are new to you. Your body and shoulder will thank you for doing these exercises consistently. Your serve will feel so good after following this program.

Shoulder Saver Workouts

Warm Up Guidelines

Always perform a designated warm up before your workouts. There are three to choose from in this six week program. As you get the hang of the three warm ups, you can always mix and match exercises to keep it more interesting. Of course, you can follow the workouts as outlined as well.

Warm Up A

Hip Opener Active Stretch
Hip Opener Quad Active Stretch
Hip Opener Rotation Active Stretch
Prisoner Squats
Lunge Walk Overhead
Ballet Curtsies
Alternating Lateral Lunges

Warm Up B

Glute Bridge
Clams
X Band Walks
Ankle Mobility Up and Down
Ankle Circles
Squat To Stand
Bowler Squats

Warm Up C

Reverse Lunge Overhead
Cradle Walk
Bowler Squats
Squat To Stand Overhead Reach Single Arm
Crab Walk Table Top Fingers Back
Crab Walk Table Top Fingers Forward
Inchworms

NOTE: For a full video explanation of how to perform any exercise in this workout, please see the Shoulder Saver Workouts Exercise Library.

Shoulder Saver Workouts

Beginner Version

WEEK 1

Day 1 - Strength Workout 1

1A) Push Ups (Modify With Knees Or Resistance) – 3 sets x 7 reps

1B) Trap Raise Standing Thumbs Up – 3 sets x 7 reps

2A) Reverse Fly Bands – 3 sets x 7 reps

2B) Reach Roll And Lift – 3 sets x 7 reps

3A) Pushup Half Static Hold Feet Together– 3 sets x 20 seconds
3B) Sleeper Stretch – 3 sets x 7 reps

Day 2 - Dynamic Warm Up A (Optional)

Hip Opener Active Stretch

Hip Opener Quad Active Stretch

Hip Opener Rotation Active Stretch

Prisoner Squats

Lunge Walk Overhead

Day 3 - Shoulder Prehab/Rehab - Workout 1

1A) Shoulder Traction – 5 minutes

1B) Egyptians – 3 sets x 15 reps

2A) Wall Slides – 3 sets x 15 reps

2B) Shoulder Circles (Thumbs Forward) – 3 sets x 7 reps

Shoulder Circles (Thumbs Backward) – 3 sets x 7 reps

3A) No Money Drill – 3 sets x 10 reps

3B) Shoulder Dislocations Band – 3 sets x 7 reps

Shoulder Circles Overhead Band – 3 sets x 7 reps

Day 4 - Dynamic Warm Up B (Optional)

Glute Bridge
Clams
X Band Walks
Ankle Mobility Up and Down
Ankle Circles
Squat To Stand
Bowler Squats

Day 5 - Strength Workout 2

1A) Inchworms – 3 sets x 7 reps
1B) Chest Opener Active Stretch – 3 sets x 7 reps

2A) Rows Palms Up Bands – 3 sets x 7 reps
2B) Rotator Cuff External Rotation Bands – 3 sets x 7 reps

3A) Scap Push Up – 3 sets x 7 reps
3B) Lat Lengthener Active Stretch – 3 sets x 7 reps

Day 6 - Dynamic Warm Up C (Optional)

Reverse Lunge Overhead
Cradle Walk
Bowler Squats
Squat To Stand Overhead Reach Single Arm
Crab Walk Table Top Fingers Back
Crab Walk Table Top Fingers Forward
Inchworms

Day 7 - Off

NOTE: I strongly encourage you to get the special resistance bands for the various exercises I have included in this program.

==> [Get The Resistance Band Right Here](#)

NOTE: For a full video explanation of how to perform any exercise in this workout, please see the Shoulder Saver Workouts Exercise Library.

WEEK 2

Day 1 - Strength Workout 3

- 1A) Yoga Push Ups – 3 sets x 7 reps
- 1B) Wall Slides Forearms (No Wall Optional) – 3 sets x 10 reps

- 2A) Face Pulls Bands – 3 sets x 7 reps
- 2B) Side Bridge – 3 sets x 20 seconds
- 3A) Pull Ups (Assisted Or Resistance) – 3 sets x 5 reps
- 3B) Shoulder Pull Across Stretch – 3 sets x 7 reps

Day 2 - Dynamic Warm Up A (Optional)

- Hip Opener Active Stretch
- Hip Opener Quad Active Stretch
- Hip Opener Rotation Active Stretch
- Prisoner Squats
- Lunge Walk Overhead

Day 3 - Shoulder Prehab/Rehab – Workout 2

- 1A) Foam Roller Thoracic Openers – 3 sets x 7 reps
- Foam Roller Thoracic – 3 sets x 7 reps
- 1B) Shoulder Dislocations Foot On Band – 3 sets x 7 reps

- 2A) Lunge Walk Overhead – 3 sets x 7 reps
- 2B) Spiderman Walk Overhead Reach – 3 sets x 7 reps

- 3A) Chin Tucks Standing– 2 sets x 20 seconds
- 3B) Thoracic Rotation Bent Over – 3 sets x 20 seconds

Day 4 - Dynamic Warm Up B (Optional)

- Glute Bridge
- Clams
- X Band Walks
- Ankle Mobility Up and Down
- Ankle Circles
- Squat To Stand
- Bowler Squats

Day 5 - Strength Workout 4

1A) Floor Press – 3 sets x 7 reps

1B) Rows Single Arm Multidirectional Staggered Stance– 3 sets x 7 reps

2A) Extension Rotation 3 Point– 3 sets x 7 reps

2B) Birddogs – 3 sets x 5 reps

3A) Standing Wall – 3 sets x 30 seconds

3B) Arm Pull Overhead – 3 sets x 7 reps

Day 6 - Dynamic Warm Up C (Optional)

Reverse Lunge Overhead

Cradle Walk

Bowler Squats

Squat To Stand Overhead Reach Single Arm

Crab Walk Table Top Fingers Back

Crab Walk Table Top Fingers Forward

Inchworms

Day 7 - Off

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WEEK 3

Day 1 - Strength Workout 5

1A) Pushups Wide Grip – 3 sets x 7 reps 1B)

Backhand Volley Bands – 3 sets x 7 reps

2A) Pull Ups (Assisted Or Resisted) – 3 sets x 7 reps

2B) Wall Slides – 3 sets x 7 reps

3A) Plank – 2 sets x 20 seconds

3B) Shoulder Opener Kneeling Arms Extended Palm Down – 3 sets x 10 reps

Day 2 - Dynamic Warm Up A (Optional)

Hip Opener Active Stretch

Hip Opener Quad Active Stretch

Hip Opener Rotation Active Stretch

Prisoner Squats

Lunge Walk Overhead

Day 3 - Shoulder Prehab/Rehab – Workout 3

1A) Shoulder Traction – 3 sets x 7 reps

1B) Rotator Cuff External Rotation Bands – 3 sets x 7 reps

2A) Extension Rotation All 4's – 3 sets x 7 reps

2B) Shoulder Circles (Thumbs Backward and Thumbs Forward)– 3 sets x 7 reps

3A) No Money Drill – 2 sets x 20 seconds

3B) Shoulder Dislocations Band – 3 sets x 20 seconds

Day 4 - Shoulder Dynamic Warm Up B (Optional)

Glute Bridge

Clams

X Band Walks

Ankle Mobility Up and Down

Ankle Circles

Squat To Stand

Bowler Squats

Day 5 - Strength - Workout 6

- 1A) Scap Pushups Elevated – 3 sets x 7 reps
- 1B) Chest Openers Active Stretch – 3 sets x 7 reps

- 2A) Pull Aparts Behind Head Bands – 3 sets x 7 reps
- 2B) Blackburns – 3 sets x 7 reps

- 3A) Hand Switches 1 Hand Off – 2 sets x 20 seconds
- 3B) Tricep Overhead Active Stretch – 3 sets x 7 reps

Day 6 - Dynamic Warm Up C (Optional)

Reverse Lunge Overhead
Cradle Walk
Bowler Squats
Squat To Stand Overhead Reach Single Arm
Crab Walk Table Top Fingers Back
Crab Walk Table Top Fingers Forward
Inchworms

Day 7 - Off

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WEEK 4

Day 1 - Strength Workout 1

1A) Push Ups (Modify With Knees Or Resistance) – 3 sets x 7 reps

1B) Trap Raise Standing Thumbs Up – 3 sets x 7 reps

2A) Reverse Fly Bands – 3 sets x 7 reps

2B) Reach Roll And Lift – 3 sets x 7 reps

3A) Pushup Half Static Hold Feet Together– 3 sets x 20 seconds
3B) Sleeper Stretch – 3 sets x 7 reps

Day 2 - Dynamic Warm Up A (Optional)

Hip Opener Active Stretch

Hip Opener Quad Active Stretch

Hip Opener Rotation Active Stretch

Prisoner Squats

Lunge Walk Overhead

Day 3 - Shoulder Prehab Rehab – Workout 2

1A) Thoracic Mobility Rolls Foam Roller – 3 sets x 7 reps

1A) Foam Roller Thoracic Openers – 3 sets x 7 reps

Foam Roller Thoracic – 3 sets x 7 reps

1B) Shoulder Dislocations Foot On Band – 3 sets x 7 reps

2A) Lunge Walk Overhead – 3 sets x 7 reps

2B) Spiderman Walk Overhead Reach – 3 sets x 7 reps

3A) Chin Tucks Standing– 2 sets x 20 seconds

3B) Thoracic Rotation Bent Over – 3 sets x 20 seconds

Day 4 - Dynamic Warm Up B (Optional)

Glute Bridge

Clams

X Band Walks
Ankle Mobility Up and Down
Ankle Circles
Squat To Stand
Bowler Squats

Day 5 - Strength Workout 2

1A) Inchworms – 3 sets x 7 reps
1B) Chest Opener Active Stretch – 3 sets x 7 reps

2A) Rows Palms Up Bands – 3 sets x 7 reps
2B) Rotator Cuff External Rotation Bands – 3 sets x 7 reps

3A) Scap Push Up – 3 sets x 7 reps
3B) Lat Lengthener Active Stretch – 3 sets x 7 reps

Day 6 - Dynamic Warm Up C (Optional)

Reverse Lunge Overhead
Cradle Walk
Bowler Squats
Squat To Stand Overhead Reach Single Arm
Crab Walk Table Top Fingers Back
Crab Walk Table Top Fingers Forward
Inchworms

Day 7 - Off

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WEEK 5

Day 1 - Strength - Workout 3

- 1A) Yoga Push Ups – 3 sets x 7 reps
- 1B) Wall Slides Forearms (No Wall Optional) – 3 sets x 10 reps
- 2A) Face Pulls Bands – 3 sets x 7 reps
- 2B) Side Bridge – 3 sets x 20 seconds
- 3A) Pull Ups (Assisted Or Resistance) – 3 sets x 5 reps
- 3B) Shoulder Pull Across Stretch – 3 sets x 7 reps

Day 2 - Dynamic Warm Up A (Optional)

- Hip Opener Active Stretch
- Hip Opener Quad Active Stretch
- Hip Opener Rotation Active Stretch
- Prisoner Squats
- Lunge Walk Overhead

Day 3 - Shoulder Prehab/Rehab - Workout 1

- 1A) Shoulder Traction – 5 minutes
- 1B) Egyptians – 3 sets x 15 reps
- 2A) Wall Slides – 3 sets x 15 reps
- 2B) Shoulder Circles (Thumbs Forward) – 3 sets x 7 reps
- Shoulder Circles (Thumbs Backward) – 3 sets x 7 reps
- 3A) No Money Drill – 3 sets x 10 reps
- 3B) Shoulder Dislocations Band – 3 sets x 7 reps
- Shoulder Circles Overhead Band – 3 sets x 7 reps

Day 4 - Shoulder Dynamic Warm Up B (Optional)

- Glute Bridge
- Clams

X Band Walks
Ankle Mobility Up and Down
Ankle Circles
Squat To Stand
Bowler Squats

Day 5 - Strength - Workout 4

1A) Floor Press – 3 sets x 7 reps
1B) Rows Single Arm Multidirectional Staggered Stance– 3 sets x 7 reps

2A) 3 Point Extension Rotation – 3 sets x 7 reps
2B) Birddogs – 3 sets x 5 reps

3A) Standing Wall – 3 sets x 30 seconds
3B) Arm Pull Overhead – 3 sets x 7 reps

Day 6 - Dynamic Warm Up C (Optional)

Reverse Lunge Overhead
Cradle Walk
Bowler Squats
Squat To Stand Overhead Reach Single Arm
Crab Walk Table Top Fingers Back
Crab Walk Table Top Fingers Forward
Inchworms

Day 7 - Off

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WEEK 6

Day 1 - Strength - Workout 5

1A) Pushups Wide Grip – 3 sets x 7 reps 1B)

Backhand Volley Bands – 3 sets x 7 reps

2A) Pull Ups (Assisted Or Resisted) – 3 sets x 7 reps

2B) Wall Slides – 3 sets x 7 reps

3A) Plank Extended Static Hold – 2 sets x 20 seconds

3B) Shoulder Opener Kneeling Arms Extended Palm Down – 3 sets x 10 reps

Day 2 - Dynamic Warm Up A (Optional)

Hip Opener Active Stretch

Hip Opener Quad Active Stretch

Hip Opener Rotation Active Stretch

Prisoner Squats

Lunge Walk Overhead

Day 3 - Shoulder Prehab/Rehab - Workout 2

1A) Foam Roller Thoracic Openers – 3 sets x 7 reps

Foam Roller Thoracic – 3 sets x 7 reps

1B) Shoulder Dislocations Foot On Band – 3 sets x 7 reps

2A) Lunge Walk Overhead – 3 sets x 7 reps

2B) Spiderman Walk Overhead Reach – 3 sets x 7 reps

3A) Chin Tucks Standing– 2 sets x 20 seconds

3B) Thoracic Rotation Bent Over – 3 sets x 20 seconds

Day 4 - Dynamic Warm Up B (Optional)

Glute Bridge

Clams

X Band Walks
Ankle Mobility Up and Down
Ankle Circles
Squat To Stand
Bowler Squats

Day 5 - Strength - Workout 6

1A) Scap Pushups Elevated – 3 sets x 7 reps
1B) Chest Openers Active Stretch – 3 sets x 7 reps

2A) Pull Aparts Behind Head Bands – 3 sets x 7 reps
2B) Blackburns – 3 sets x 7 reps

3A) Hand Switches 1 Hand Off – 2 sets x 20 seconds
3B) Tricep Overhead Active Stretch – 3 sets x 7 reps

Day 6 - Dynamic Warm Up C (Optional)

Reverse Lunge Overhead
Cradle Walk
Bowler Squats
Squat To Stand Overhead Reach Single Arm
Crab Walk Table Top Fingers Back
Crab Walk Table Top Fingers Forward
Inchworms

Day 7 - Off

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What Do I Do Next?

Start by evaluating where your shoulder is at compared to 6 weeks before you started this shoulder saver workouts program.

Take a week or two off to give yourself a break. You can always continue to do the warm ups and recovery workouts.

Repeat the six week cycle after taking a short rest period. In the next 6 week cycle you can increase the difficulty of some exercises by increasing the resistance with bands or dumbbells on the exercises I hope you enjoyed this program and I would appreciate any feedback you may have.

And before you go, one more reminder that one of the best things you can do for your off court training to get better with resistant bands. They were my secret weapon on the tour to keep me fit, healthy and strong.

How To Order The Best Resistance Bands For Tennis Training!

Below you will find information on how to order resistance bands.

==> [Get These Resistance Bands For Your Tennis Training](#)

