

TENNIS FITNESS

TENNIS WARM UP

AUTHORS

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TENNIS WARM UP PROGRAM



EXERCISE NAME	MODULE	MOVEMENT PATTERN	REPS / TIME	REST BETWEEN REPS	SETS	TIPS	
1	SKIPPING	CARDIO	CARDIO / COORDINATION	20SEC	10 SEC	2 SETS	STAY UP ON YOUR TOES AND LIGHT ON YOUR FEET. ADD IN VARIATIONS (SINGLE LEG HOPS, SIDE TO SIDE SKIPS ETC)
2	RACKET CIRCLES	CARDIO	CARDIO / COORDINATION	20SEC	10 SEC		HOLD A WIDE BASE, USE CONTROLLED SMALL FAST STEPS
3	TENNIS BALL FOOT TAPS	CARDIO	LOWER LIMB PROPRICEPTION	20SEC	10 SEC		USE THE FOREFOOT, LIGHT TAPS, AIM FOR CONSISTENCY
4	90° HIP ROTATION JUMPS	CARDIO	HIP DRIVE / ROTATION	20SEC	10 SEC		ACTIVATE CORE, WHIP HIPS THROUGH, DRIVE QUICKLY AWAY FROM THE GROUND
5	RACKET LUNGE ROTATIONS	MOBILITY	MOBILITY - LOWER LIMB/ TORSO	20SEC	10 SEC		ACTIVATE CORE, AIM FOR DEEP RANGE, MAINTAIN A STRAIGHT BACK
6	RACKET LUNGE OVERHEAD RAISE	MOBILITY	MOBILITY - UPPER/LOWER LIMB	20SEC	10 SEC		KEEP CHEST UP, TUCK BOTTOM UNDER AND LENGTHEN ARMS ABOVE HEAD TO FEEL STRETCH UNDER THE ARMS
7	RACKET OVERHEAD SQUAT	MOBILITY	MOBILITY - UPPER/LOWER LIMB	20SEC	10 SEC		SIT BACK (WEIGHT IN HEELS), KEEP ARMS STRAIGHT AND CHEST UP. LOOK STRAIGHT AHEAD. GET AS DEEP AS POSSIBLE, KEEP HEELS ON GROUND AND MAINTAIN A STRAIGHT BACK.
8A	RDL RACKET TOUCH (RIGHT SIDE)	ACTIVATION	ACTIVATION LOWER LIMB (POSTERIOR CHAIN)	10 SEC	10 SEC		HOLD HIPS IN A NEUTRAL POSITION, KEEP CHEST UP AND BACK STRAIGHT, SLIGHTLY BEND THE KNEE WHEN NEEDED. MAKE SURE THE LIFTING LEG STAYS STRAIGHT.
8B	RDL RACKET TOUCH (LEFT SIDE)	ACTIVATION	ACTIVATION LOWER LIMB (POSTERIOR CHAIN)	10 SEC	10 SEC		HOLD HIPS IN A NEUTRAL POSITION, KEEP CHEST UP AND BACK STRAIGHT, SLIGHTLY BEND THE KNEE WHEN NEEDED. MAKE SURE THE LIFTING LEG STAYS STRAIGHT.
9	LATERAL BOUND ARM RAISE	ACTIVATION	ACTIVATION - GLUTS AND CORE	20 SEC	10 SEC		LAND SOFTLY AND STICK LANDING, RASIE ARMS WHEN HIP CONTROL IS MANINTAINED.
10A	SINGLE LEG SHADOWS (RIGHT SIDE)	ACTIVATION	ACTIVATION - GLUTS AND CORE	10 SEC	10 SEC	HOLD POSTURE, ACTIVATE THE CORE, SWING AS QUICKLY AND WITH AS MUCH RANGE AS YOU CAN MANAGE, HILDING POSITON.	
10B	SINGLE LEG SHADOWS (LEFT SIDE)	ACTIVATION	ACTIVATION - GLUTS AND CORE	10 SEC	10 SEC	HOLD POSTURE, ACTIVATE THE CORE, SWING AS QUICKLY AND WITH AS MUCH RANGE AS YOU CAN MANAGE, HILDING POSITON.	

REST 60SEC - REPEAT TOTAL 2 SETS OF WARM UP

THIS WARMUP PROTOCOL IS DESIGNED TO - A. INCREASE YOUR BODY TEMPERATURE AND STIMULATE YOUR NERVOUS SYSTEM - B. OPEN UP CERTAIN CHAINS OF MOVEMENT AND PREPARE THE BODY FOR MOVEMENT - C. ACTIVATE (SWITCH ON) THE CORE, POSTERIOR CHAIN (LOWER BACK, HAMSTRINGS, GLUTEALS) AND SHOULDER GIRDLE. IT IS IMPORTANT DURING THIS PART OF YOUR PROGRAM, TO FOCUS ON YOUR BREATHING (DEEP SLOW, FLUID BREATHESES). IT IS ALSO AN OPPORTUNITY TO GET YOUR ATHLETIC POSTURE ENGAGED (WIDE BASE, KNEES SLIGHTLY BENT, BACK STRAIGHT, SHOULDERS BACK, BRACING SLIGHTLY THROUGH THE CORE)

Players we have trained



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