

TENNIS

| EXERCISES | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 |
|---------------------------|----------------|--------|--------|---------|--------|
| | LIFT 1 | LIFT 1 | LIFT 1 | LIFT 1 | LIFT 1 |
| HIP FLOW | | | | | |
| WARM UP COMPLEX I: 3 RDS | | | | | |
| JUMP ROPE | X1 MIN | | | | |
| ANKLE MOBILITY | 5X5 SEC EA | | | | |
| WARM UP COMPLEX II: 3 RDS | | | | | |
| FRONT BAR COMPLEX | X3 | | | | |
| BAND WALK + SIT & HOLD | 10+10 SEC HOLD | | | | |
| FOAM ROLL (IT BAND/QUADS) | 10 EA | | | | |
| COMPLEX I: 3 RDS | | | | | |
| PAUSE FRONT SQUATS | 5+3 SEC | | | 3+3 SEC | |
| | 5+3 SEC | | | 3+3 SEC | |
| | 5+3 SEC | | | 3+3 SEC | |
| BOX JUMP | X5 | | | | |
| RDL (SNATCH GRIP) | 10 | | | | |
| | 10 | | | | |
| | 10 | | | | |
| TRX MOUNTAIN CLIMBERS | X30 SEC | | | X45 SEC | |
| AB COMPLEX X3 | 1 | 1 | 1 | 1 | 1 |

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| | LIFT 1 | LIFT 1 | LIFT 1 | LIFT 1 | LIFT 1 |
| HIP FLOW | | | | | |
| WARM UP COMPLEX I: 3 RDS | | | | | |
| ROLLING PIGEON | 5 EA | | | | |
| ANKLE MOBILITY | 5 SEC EA | | | | |
| WARM UP COMPLEX II: 3 RDS | | | | | |
| KNEELING ROTATIONS | 5 EA | | | | |
| JERK SQUAT | 5 EA | | | | |
| FOAM ROLL (LATS/BACK) | 10 EA | | | | |
| COMPLEX I: 3 RDS | | | | | |
| OVER HEAD SQUAT | 10 | | | | |
| | 10 | | | | |
| | 10 | | | | |
| HILO WOODCHOP | X10 EA | | | | |
| ROTATION RESIST WALKOUT | 3X3 EA | | | | |
| BANDED SIDE PLANK | 30 SEC EA | | | | |
| AB COMPLEX X3 | 3 | 3 | 3 | 3 | 3 |

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| | LIFT 1 | LIFT 1 | LIFT 1 | LIFT 1 | LIFT 1 |
| HIP FLOW | | | | | |
| WARM UP COMPLEX I: 3 RDS | | | | | |
| SL GOODMORNING | 10 EA | | | | |
| CLAM SHELLS | 10 EA | | | | |
| WARM UP COMPLEX II: 3 RDS | | | | | |
| JUMP ROPE | 1 MIN | | | | |
| BAND WALKS | 20 | | | | |
| ANKLE MOBILITY | 5 SEC EA | | | | |
| COMPLEX I: 3 RDS | | | | | |
| BARBELL STEP UPS | 10 EA | | | | |
| | 10 EA | | | | |
| | 10 EA | | | | |
| SKATERS | X6 | | | | |
| BULGARIAN SQUAT HOLDS | X30 SEC EA | | | | |
| SL LAT. DOWEL HOP | X8 SEC EA | | | | |
| AB COMPLEX X3 | 2 | 2 | 2 | 2 | 2 |

| AB COMPLEXES: | 1 | 2 | 3 |
|---------------|-------------------|---------------|------------------|
| | DOUBLE LEG PIKE | CARDINALS | DOUBLE LEG PIKE |
| | FIGURE 8 | RUSSIAN TWIST | HEEL PUSH |
| | HEEL PUSH | SL PIKES | SIDE PLANK RIGHT |
| | WINDSHIELD WIPERS | HEEL PUSH | SIDE PLANK LEFT |