**Tennis workouts**

**Off-season**

Warm-up – Choose 2 exercises (2 minutes total)

run, jump rope, dot drills, ladder drills

I,Y,T,L with elastic bands x 5 reps

Day 1

Stretch and foam roll after workouts.

Squat with overhead press 3 x 8-10

RDL (single or double leg) 3 x 8-10

Lateral band walks 10-15 each way

Toe/heel walks – length of room

Bench Press – barbell or dumbbells 3 x 8-10

Lat pulls 3 x 8-10

Dumbbell lateral raises 3 x 8-10

Dumbbell front raises 3 x 8-10

Front Plank 2 x 30 seconds

Side plank 2 x 30 seconds

Keiser anti-rotation press 2 x 10 each leg

Ladder drills 4 different patterns

Day 2

Single-leg squat 2 x 8 each leg

Dot pattern lunges 2 x 10 each leg

Single-leg bridge 3 x 10-15 each leg

Clamshells 2 x 10-15 each side

Bosu ball single-leg balance (eyes closed) 2 x 30 seconds each leg

Incline bench press – barbell or dumbbells 3 x 8-10

Reverse Flys 2 x 8-10

Seated rows 2 x 8-10

Shrugs 3 x 10

Dumbbell diagonal (D1 and D2) 2 x 20 each arm

Elastic band trunk rotation 2 x 20 each side

Incline situps 2 x 20

Bicycle crunches 2 x 25 each side

Dot drills 5 reps of each pattern (see the patterns on the bulletin board by the door)

Day 3

Squat with med ball throw 3 x 10

Step box forward 2 x 8 each leg

Step box lateral 2 x 8 each leg

Bosu ball single-leg med ball toss with partner 2 x 15 each leg

Fire hydrants 2 x 15 each side

Cable or elastic band chest press 3 x 8-10

Pullups or Supine pullups 3 x 8-10

Upright row 3 x 8-10

Rotator cuff band exercises 2 x 20

Med ball slams forward 2 x 15

Med ball slams side-to-side 2 x 10 each side

Quick feet steps on bumper plate 2 x 30 seconds