

Men's Tennis

Day 1

Dynamic Warm-Up

Do warm up we did on the track

Shoulder Stability

Scap push ups. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20. Blackburns. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20

Glute Act/Strength

DL Hip Bridge. Wk 1 & 2: 2 x 12. Wk 3 & 4: 2 x 15. Fire Hydrants. Wk 1 & 2: 2 x 8 ea. Wk 3 & 4: 2 x 12.

Notes

Choose weights that allow you to get all the reps. They should challenge you but not kill you. Adjust your weights as the reps change. Stretch after you lift!!

Order	Max	Exercise	Set	20-Jun		27-Jun		4-Jul		11-Jul	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	Week 4 wt	x Week 4 reps
1	#N/A	Goblet Squat Keep heels down! Hips back! Shoulders pulled together. Chest up.	1		x 8		x 8		x 10		x 10
			2		x 8		x 8		x 10		x 10
			3		x 8		x 8		x 10		x 10
2	#N/A	Lat Pull Downs Pull to chest	1		x 8		x 8		x 10		x 10
			2		x 8		x 8		x 10		x 10
			3		x 8		x 8		x 10		x 10
3	#N/A	DB Split Squat Hold 2 DB's at same time	1		x 6		x 7		x 8		x 8
			2		x 6		x 7		x 8		x 8
			3		x 6		x 7		x 8		x 8
4	#N/A	SA Bent Row Put hand on bench or rack.	1		x 6		x 7		x 8		x 8
			2		x 6		x 7		x 8		x 8
			3		x 6		x 7		x 8		x 8
5	#N/A	Shoulder Complex (Front and Side Raise) reps for each direction	1		x 5		x 6		x 5		x 6
			2		x 5		x 6		x 5		x 6
			3		x 5		x 6		x 5		x 6
6	#N/A	Bicep Curls reps for each arm	1		x 8		x 8		x 9		x 10
			2		x 8		x 8		x 9		x 10
			3		x 8		x 8		x 9		x 10
7	#N/A	Front Bridge w/ Arm Reach Don't wiggle hips! total reps	1		x 8		x 10		x 12		x 14
			2		x 8		x 10		x 12		x 14
			3		x 8		x 10		x 12		x 14
8	#N/A	Cobras total reps	1		x 8		x 10		x 12		x 14
			2		x 8		x 10		x 12		x 14
			3		x 8		x 10		x 12		x 14

Day 2

Dynamic Warm-Up

Do warm up we did on the track

Shoulder Stability

I, Y, T, V. Wk 1 & 2: 2 x 10 ea. Wk 3 & 4: 2 x 12 ea. W-Press. Wk 1 & 2: 2 x 10. Wk 3 & 4: 2 x 12.

Glute Act/Strength

SL Hip Bridge. Wk 1 & 2: 2 x 6 ea. Wk 3 & 4: 2 x 8 ea. Hip Circles. Wk 1 & 2: 2 x 5 ea. Wk 3 & 4: 2 x 8 ea.

Notes

Choose weights that allow you to get all the reps. They should challenge you but not kill you. Adjust your weights as the reps change. Stretch after you lift!!

Order	Max	Exercise	Set	Week 1		Week 2		Week 3		Week 4	
				wt	x reps	wt	x reps	wt	x reps	wt	x reps
1	#N/A	BB RDL Keep back straight. Keep bar close to legs. Push butt backwards.	1		x 8		x 9		x 10		x 10
			2		x 8		x 9		x 10		x 10
			3		x 8		x 9		x 10		x 10
2	#N/A	Bench Press Keep elbows in close.	1		x 8		x 8		x 9		x 10
			2		x 8		x 8		x 9		x 10
			3		x 8		x 8		x 9		x 10
3	#N/A	SL Hip Bridge Push into ground with heels.	1		x 10		x 11		x 12		x 12
			2		x 10		x 11		x 12		x 12
			3		x 10		x 11		x 12		x 12
4	#N/A	SA DB Military Press Keep core tight.	1		x 6		x 7		x 8		x 9
			2		x 6		x 7		x 8		x 9
			3		x 6		x 7		x 8		x 9
5	#N/A	Tricep Push Downs Keep elbows at side.	1		x 8		x 9		x 10		x 11
			2		x 8		x 9		x 10		x 11
			3		x 8		x 9		x 10		x 11
6	#N/A	Side Bridge w/ Hip Dip reps for each side	1		x 10		x 12		x 14		x 14
			2		x 10		x 12		x 14		x 14
			3		x 10		x 12		x 14		x 14
7	#N/A	Supermans total reps	1		x 10		x 12		x 14		x 14
			2		x 10		x 12		x 14		x 14
			3		x 10		x 12		x 14		x 14