

MEN'S TENNIS

DAY 2		WK 1		WK 2		WK 3		TEMPO			COMMENTS
WARM UP		REPS		REPS		REPS					
1	OH SQUAT	8		8		8		2	1	1	
2	DYNAMIC BLACKBURNS	10		10		10			x		
3	SHOULDER 90/90	10		10		10			x		
4	SUPERMAN SUNGOD	10		10		10			x		
5	BAND SHLDR STRTCH	TIME		TIME		TIME			x		
6	FACE PULL										
7	BAND HIP FLEX STRTCH	TIME		TIME		TIME			x		

EXERCISE	WT	REPS	WT	REPS	WT	REPS	TEMPO			COMMENTS
HANG SNATCH PULL		3		3		3		x		
HIP SNATCH		3		3		3		x		4 SETS
HANG SNATCH		3		3		3		x		
		80%		80%		80%				
1A BACK SQUAT		4		4		4	2	1	1	
		4		4		4				
		4		4		4				
		4		4		4				
1B LAT BOUND SL LAND		4		4		4		x		
1C VJ SL LAND		4		4		4		x		
2A INCLINE DB BENCH		8		8		8	2	1	1	
		8		8		8				
		8		8		8				
2B ECC EXT SHLDR ROT		8		8		8	2	1	1	
		8		8		8				
		8		8		8				
3A ECC SL SQUAT		5.5		5.5		5.5	5	1	1	
		5.5		5.5		5.5				
		5.5		5.5		5.5				
3B DB PULLOVER		8		8		8	2	1	1	
		8		8		8				
		8		8		8				
4A LYING SIDE ISO HOLD		6.6		6.6		6.6		x		
		6.6		6.6		6.6				
4B REV. HYPERS		5		5		5		x		
		5		5		5				

MEN'S TENNIS

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DAY 3		WK 1		WK 2		WK 3		TEMPO			COMMENTS
WARM UP		REPS		REPS		REPS					
1	SCAPULAR PULLUP	10		10		10		2	1	1	
2	Y-T-A-W-M	10		10		10			x		
3	ELEVATED SL RDL	8		8		8		2	2	1	
4	BAND SHLDR STRTCH	TIME		TIME		TIME			x		
5	BAND HIP FLEX STRTCH	TIME		TIME		TIME			x		
6	JUMP ROPE	500		500		500			x		

EXERCISE	WT	REPS	WT	REPS	WT	REPS	TEMPO			COMMENTS
HANG CLEAN PULL		3		3		3		x		
HIP CLEAN		3		3		3		x		4 SETS
HANG CLEAN		3		3		3		x		
1A FRONT SQUAT		55%		55%		55%	2	1	1	
		8		8		8				
		8		8		8				
		8		8		8				
		8		8		8				
		8		8		8				
1B BAND WALK	BAND	10	BAND	10	BAND	10		x		
2A DB BENCH		8		10		10	2	1	1	
		8		10		10				
		8		10		10				
2B TRX INVERTED ROW WEIGHTED		8		8		6	2	1	1	
		8		8		6				
		8		8		6				
3A BULGARIAN SPLIT SQT		8		8		8	2	1	1	
		8		8		8				
		8		8		8				
3B BULG SPLT SQT JUMP	BW	5.5	BW	5.5	BW	5.5		x		
		5.5		5.5		5.5				
		5.5		5.5		5.5				
4A BICEP CURLS		10		10		10	2	1	1	
		10		10		10				
4B TRICEP EXTENSION		10		10		10		x		
		10		10		10				
4C LAT DB RAISES		8		8		8		x		
		8		8		8				