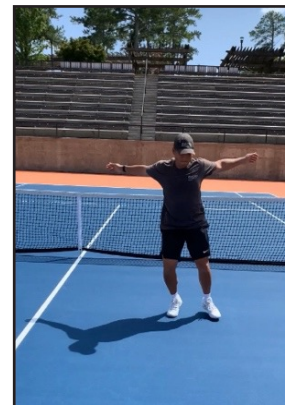
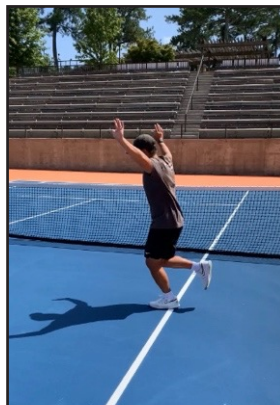


Total Body Warm up

Jogging with Arm Circles & Side Shuffle
with Arm Swings (1 min)

Repetitions – both the width of court and back



Extend the Leg

Walking Toe Touches “Frankenstein” (1 min)

Repetitions – across width of court and back



Knee Tucks with Calf Raise

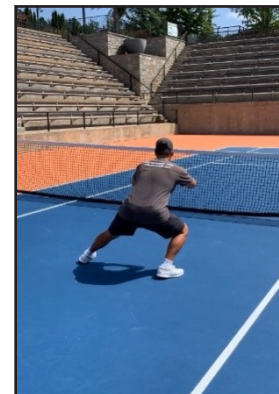
Knee Tucks with Calf Raise (1 min)

Repetitions – across width of court and back



LuNges with Rotation Forward Lunge & Side Lunge with Rotation (1 min)

Repetitions – forward lunge across width of court and side lunge back



Internal & External Rotation

Shoulder Internal & External Rotation (1 min)

Repetitions – 20 internal & external rotation on dominant arm



Shadow Swings

5 each FH/BH & 10 service motion (1 min)

*Repetitions – 5 forehands and backhands; 10 serves
short court progression suggested*



Triplanar Core Stability

Triplanar Core Stability (1 min)

Repetitions – 10 leaning back, right, left, and twisting



Eccentric Wrist Flexion & Extension

Eccentric Wrist Flexion & Extension (1 min)

Repetitions – 10 flexion and extension right; 10 flexion and extension left



Knee Back

Standing Quadricep Stretch (1 min)

Repetitions – 10 alternating legs



Standing Calf Stretch on Wall/Fence and Hamstring Sliders

Standing Calf Stretch & Hamstring Slider (1 min)

Repetitions – 10 alternating left and right legs



