



TENNIS EVOLUTION

HOME TENNIS WORKOUTS UNLOCKED

By Jeff Salzenstein

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Home Tennis Workouts Unlocked

6 Week Home Tennis Training Week 3

Jeff Salzenstein, Founder of Tennis Evolution

Legal Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this workout. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this workout, please follow your doctor's orders.

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Here's How You Can Be Safe With Your Training

*Please train smart and listen to your body. Avoid pushing too hard

*Avoid performing any exercises that you aren't clear on how to perform. Always seek expert advice from an experienced trainer if you are unsure.

*If it hurts, stop immediately. You don't win any awards for pushing through the pain. In most cases you can modify exercises to eliminate any pain. Look for modified solutions in the program

*You can even start with 1 set of a given exercise. There's a chance you'll experience soreness when you first start the program so avoid doing too many sets in the beginning.

*Feel free to take extra rest between sets in a workout or take extra time between workouts until you feel ready to go again

*Having a training partner can help motivated you as well as help you train safer. If you're alone, make sure your form is very good and you don't continue doing exercises if your form breaks down.

*Always start with easier modified exercises first. Don't try to show off or be a hero. It's actually better for you and your tennis if you perform the "easier" exercises with amazing form. You'll be challenged even with the easy exercises.

*You should take at least one day off per week.

*Always perform the activation and warm up drills to get your body and mind prepared for the main workout of the day.

*Avoid starting this program if you have a preexisting injury. You can work around it with some exercises in the program but it's not advised. Seek out a doctor and/or physical therapist to help you heal your injury before you begin this program.

*Check with your doctor before starting any new exercise program. It's vital to focus on training smart and safely.

Day 1

Mindset Prep (1 Minute)

Please see the Mindset Prep video in the onboarding section for general guidelines.

Breathing: Take 1-3 breaths making them as slow and deep as possible. Expand the diaphragm and rib cage focusing on getting prepared for the workout.

Intention: Set an intention for the workout. For example, “I intend to focus on improving my volley footwork.”

Today’s Affirmation: I choose to learn and get better at moving through my volleys so that I can be more successful at the net.

Dynamic Warmup #1 (5-7 Minutes)

Please see the Dynamic Warmup Training video in the onboarding section for general guidelines

Perform 1 set of 7 reps for each exercise.

- Seated foot pumps
- Seated foot circles
- Hamstring floss
- Supine kick over
- Hip flexor kneeling
- Ankle rockers
- Cats and dogs
- Small arm circles
- Large arm circles
- Elbow touches

Technique

Shadow Swing Foundation

(3-5 Minutes)

Perform 1 set of 3-5 repetitions for each position. You can do more repetitions for each exercise if you like. Hold each position for at least 2 seconds.

Please see the Technique Training video in the onboarding section for general guidelines

Get into a proper ready position.

Forehand Volley Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)

Backhand Volley Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)

Overhead Position Holds

- First move holds (3-5 reps)
- Swing (3-5 reps)
- Finish holds (3-5 reps)

Workout Of The Day (WOD): Footwork And Mobility Workout (20-30 Minutes)

Shadow Footwork: Forehand Volley

Perform 1 set of 3-5 reps for each position. Select 3 movements to focus on and practice. There are bonus movements to add if you like. Please see the Footwork Training video in the onboarding section for general guidelines.

- Step (3-5 reps)
- Square up (3-5 reps)
- Square up, crossover, step, and split (3-5 reps)

Bonus: Shadow Footwork

- Optional: Carioca and split (3-5 reps)
- Optional: Step through, step, and split (3-5 reps)
- Optional: Back to front, step, and split (3-5 reps)

Shadow Footwork: Backhand Volley

- Step (3-5 reps)
- Square up (3-5 reps)
- Square up, crossover, step, and split (3-5 reps)

Bonus: Shadow Footwork

- Optional: Carioca and split (3-5 reps)
- Optional: Step through, step, and split (3-5 reps)
- Optional: Back to front, step, and split (3-5 reps)

Shadow Footwork: Overhead

- Drop step, crossover, and swing (3-5 reps)
- Drop step, crossover, swing, and recover (3-5 reps)

Mobility Drills

Perform each exercise for 60-90 seconds or perform 1 set of 7 reps unless time, sets, and reps are specified. Please see the Mobility Drills video in the onboarding section for general guidelines

- Hip Flexor Quad
- Kneeling Adductor Mobilization
- Arch Squat
- Shoulder Dislocations
- Seated Spine Rotation (2-3 rotations per side)
- Hip 90-90 (30-60 seconds holds on each side)

Recovery (1-3 Minutes)

Focus on breathing and quick coherence for 1-3 minutes. Please see the Recovery video in the onboarding section for instructions.

1. ELDOA L5-S1 (60 Seconds)
2. 5-Pause-5 Breathing
3. Quick Coherence

Daily High Performance Tip

Please see the Daily Inspiration video for general guidelines in the onboarding section.

- Watch comedy on YouTube to laugh.

Way to go! You successfully completed today's workout. Get some rest and we'll see you tomorrow:)

Day 2

Mindset Prep (1 Minutes)

Please see the Mindset Prep video in the onboarding section for general guidelines.

Breathing: Take 1-3 breaths making them as slow and deep as possible. Expand the diaphragm and rib cage focusing on getting prepared for the workout.

Intention: Set an intention for the workout. For example, “I intend to build my leg strength and improve my ankle mobility.”

Today’s Affirmation: When I get stronger and more mobile, I move more effortlessly around the court and it feels amazing.

Dynamic Warmup #2 (5-7 Minutes)

Please see the Dynamic Warmup Training video in the onboarding section for general guidelines.

Perform 1 set of 7 reps for each exercise.

- Standing foot pumps
- Standing ankle tilts
- Standing foot circles
- Standing knee circles variations
- Hip circles
- Tai chi waist turners
- Thoracic openers
- Shoulder circles
- Elbow openers
- Wrist circles

Technique: Shadow Swing Foundation (3-5 Minutes)

Perform 1 set of 3-5 repetitions for each position. You can do more repetitions for each exercise if you like. Hold each position for at least 2 seconds.

Please see the Technique Training video in the onboarding section for general guidelines.

Get into a proper ready position.

Forehand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Bonus: buggy whip finish hold (3-5 reps)

1 Handed Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Bonus: flair finish (3-5 reps)

2 Handed Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Bonus: drive finish (3-5 reps)

Bonus: Slice Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Bonus: short finish (3-5 reps)

Full Shadow Swings

Perform 1 set of 5 reps for each stroke. You can do more swings if you like.
If you don't have a TopspinPro, you can do shadow swings as shown in the video.

Without The TopspinPro

- Forehand (5 swings)
- Bonus: buggy whip finish (5 swings)

- 1 handed backhand (5 swings)
- Bonus: flair finish (5 swings)

- 2 handed backhand (5 swings)
- Bonus: drive finish (5 swings)

With The TopspinPro

- Forehands (5 swings)
- 1 handed backhand (5 swings)
- 2 handed backhand (5 swings)

Workout Of The Day (WOD)

Strength Workout #5

(20-30 Minutes)

Perform 3 sets of 10 reps for exercises unless exercise calls for a different set, rep, and time prescription (can do 5-8 reps as an option)

The key is not to go to fatigue. Feel strong and energetic at the end of the workout

Perform each superset for 3 sets alternating exercises before moving on to the next superset. For example perform exercises 1A, then rest for 30-60 seconds, then perform exercise 1B. Then rest. Repeat 1A and 1B as a superset until 3 sets are complete and move on to 2A and 2B.

If pressed for time you can shorten the workouts by doing 2 sets instead of 3 or by removing a superset exercise.

If the exercises are too advanced you can use easier variations.

Give yourself plenty of rest between exercises (30-60 seconds) and 60-120 seconds between supersets.

Superset 1:

1A: Lower body exercise

- Volley lunge (3 x 10 reps)

1B: Upper body exercise

- Plank march (3 x 10 reps)
- Variation: plank knees hand touches (3 x 10 reps)
- Variation: plank knees shoulder taps (3 x 10 reps)

Superset 2:

2A: Lower body exercise

- Single leg glute bridge (3 x 10 reps)

2B: Upper body exercise

- Black widow (3 x 10 reps)
 - Push arms into ground and hold for 1-2 seconds
 - Feel the upper back engage
 - The resistance into the ground lifts the neck naturally

Superset 3:

3A: Core exercise

- Drunken mountain climber (3 x 10 reps)

3B: Finisher exercise

- Iso lunge hold (3 sets x 30 second holds)

Recovery (3-5 Minutes)

Focus on breathing and quick coherence for 1-3 minutes. Please see the Recovery video in the onboarding section for instructions.

1. Eldoa L5-S1 (60 Seconds)
2. 5-Pause-5 Breathing
3. Quick Coherence

Daily High Performance Tip

Please see the Daily Inspiration video for general guidelines in the onboarding section.

- Walk up the stairs instead of taking the elevator.

Way to go! You successfully completed the day 2 training. Get some rest and we'll see you tomorrow for day 3:)

Day 3

Mindset Prep (3 Minutes)

Please see the Mindset Prep video in the onboarding section for general guidelines.

Breathing: Take 1-3 breaths making them as slow and deep as possible. Expand the diaphragm and rib cage focusing on getting prepared for the workout.

Intention: Set an intention for the workout. For example, “I intend to finish my workouts with strength and energy.”

Today’s Affirmation: Every day and every way I build my strength and endurance which makes me a better player.

Dynamic Warmup #3 (5-7 Minutes)

Please see the Dynamic Warmup Training video in the onboarding section for general guidelines.

Perform 1 set of 7 reps for each exercise.

- Knee hugs
- Hip circles
- Quad pulls
- Toy soldiers
- Reverse lunges
- Pigeons
- Spidermans
- Alternate lateral lunges
- 90/90 rotators
- Egyptians

Technique: Shadow Swing Foundation (3-5 Minutes)

Perform 1 set of 3-5 repetitions for each position. You can do more repetitions for each exercise if you like. Hold each position for at least 2 seconds.

Please see the Technique Training video in the onboarding section for general guidelines.

Get into a proper ready position.

Forehand Volley Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)

Backhand Volley Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)

Overhead Position Holds

- First move holds (3-5 reps)
- Full Swing (3-5 reps)
- Finish holds (3-5 reps)

Workout Of The Day (WOD):

Endurance Workout #3

(20-30 Minutes)

Perform all exercises in the circuit to the best of your ability. You may have to modify the exercises to make it easier or more challenging.

We have given you general guidelines to follow but you can adjust the sets, reps, and time to match your current fitness level. Listen to your body and have fun.

The Johnny Mac Attack: Fight Gone Bad

5 stations, 20 sec at each station, rest after 5 minutes, 3 rounds...or temper tantrum, tabata style.

1. Volley lunge
2. Sit ups
3. Shadow jump rope
4. Push ups
 - a. Variation: push up ground
 - b. Variation: half push up
5. Air squats

Recovery (3-5 Minutes)

Perform each exercise for 60 seconds. You can extend the time for the breathing and Quick Coherence.

1. Eldoa L5-S1 (60 Seconds)
2. 5-Pause-5 Breathing
3. Quick Coherence

Daily High Performance Tip

Please see the Daily Inspiration video for general guidelines in the onboarding section.

- Smile early and often.

Way to go! You successfully completed the day 3 training. Get some rest and we'll see you tomorrow for day 4:)

Day 4

Mindset Prep (3 Minutes)

Please see the Mindset Prep video in the onboarding section for general guidelines.

Breathing: Take 1-3 breaths making them as slow and deep as possible. Expand the diaphragm and rib cage focusing on getting prepared for the workout.

Intention: Set an intention for the workout. For example, “I intend to learn how to transition to the net better and finish points.”

Today’s Affirmation: The more time I spend on my transition game, the better chance I have of attacking and beating my opponents.

Dynamic Warmup #1 (5-7 Minutes)

Please see the Dynamic Warmup Training video in the onboarding section for general guidelines.

Perform 1 set of 7 reps for each exercise.

- Seated foot pumps
- Seated foot circles
- Hamstring floss
- Supine kick over
- Hip flexor kneeling
- Ankle rockers
- Cats and dogs
- Small arm circles
- Large arm circles
- Elbow touches
- Elbow touches

Technique: Shadow Swing Foundation (3-5 Minutes)

Perform 1 set of 3-5 reps for each position.

Forehand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Buggy whip finish (3-5 reps)

1 Handed Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Flair finish (3-5 reps)

2 Handed Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Drive finish (3-5 reps)

Slice Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Short finish (3-5 reps)

Full Shadow Swings

Perform 1 set of 5 reps for each stroke. You can do more swings if you like. If you don't have a TopspinPro, you can do shadow swings as shown in the video.

Without The TopspinPro

- Forehand (5 swings)
- Bonus: buggy whip forehand (5 swings)

- 1 handed backhand (5 swings)
- Bonus: flair finish (5 swings)

- 2 handed backhand (5 swings)
- Bonus: drive finish (5 swings)

With The TopspinPro

- Forehands (5 swings)
- 1 handed backhands
- 2 handed backhands (5 swings)

Workout Of The Day (WOD): Footwork And Mobility (20-30 Minutes)

Perform 1 set of 3-5 reps for each position. There are bonus movements to add if you like. Please see the Footwork Training video in the onboarding section for general guidelines.

Shadow Footwork: Forehand Approach

- Lift and land (3-5 reps)
- Lift and land and move forward (3-5 reps)
- Run through (3-5 reps)
- Run through and move forward (3-5 reps)
- Carioca (3-5 reps)
- Carioca and move forward (3-5 reps)
- Bonus: back to front (3-5 reps)
- Bonus: back to front and move forward (3-5 reps)

- Bonus: outside hop (3-5 reps)
- Bonus: outside hop and move forward (3-5 reps)

Shadow Footwork: 1 Handed Backhand Approach

- Lift and land (3-5 reps)
- Lift and land and move forward (3-5 reps)
- Front to back (3-5 reps)
- Front to back and move forward (3-5 reps)
- Carioca (3-5 reps)
- Carioca and move forward (3-5 reps)

Shadow Footwork: 2 Handed Backhand Approach

- Lift and land (3-5 reps)
- Lift and land and move forward (3-5 reps)
- Front to back (3-5 reps)
- Front to back and move forward (3-5 reps)
- Carioca (3-5 reps)
- Carioca and move forward (3-5 reps)

Shadow Footwork: Slice Backhand

- Carioca (3-5 reps)
- Carioca and move forward (3-5 reps)

Mobility Drills

- Iso V sit and reach
- Supine bridge with reach
- Superman with hip lift and overhead reach
- Standing hip openers
 - Variation: standing hip openers then add rotations
- Overhead deep squat progression
- Arch plus toe raises standing
 - Variation: arch plus toe raises seated
- Lateral line stretch

Recovery (3 Minutes)

Perform each exercise for 60 seconds. You can extend the time for the breathing and Quick Coherence.

1. Eldoa L5-S1 (60 Seconds)
2. 5-Pause-5 Breathing
3. Quick Coherence

Daily High Performance Tip

Please see the Daily Inspiration video for general guidelines in the onboarding section.

- Avoid any drink with sugar in it (replace soft drinks with water).

Way to go! You successfully completed today's training. Get some rest and we'll see you tomorrow:)

Day 5

Mindset Prep (3 Minutes)

Please see the Mindset Prep video in the onboarding section for general guidelines.

Breathing: Take 1-3 breaths making them as slow and deep as possible. Expand the diaphragm and rib cage focusing on getting prepared for the workout.

Intention: Set an intention for the workout. For example, “I intend to get each leg stronger so that I can push off the ground with more force and power.”

Today’s Affirmation: I choose to learn how to be aggressive and come to the net with awesome approach shots.

Dynamic Warmup #2 (5-7 Minutes)

Please see the Dynamic Warmup Training video in the onboarding section for general guidelines.

Perform 1 set of 7 reps for each exercise.

- Standing foot pumps
- Standing ankle tilts
- Standing foot circles
- Standing knee circles variations
- Hip circles
- Tai chi waist turners
- Thoracic openers
- Shoulder circles
- Elbow openers

- Wrist circles

Technique: Shadow Swing Foundation (3-5 Minutes)

Perform 1 set of 3-5 reps for each position. Hold each position for at least 2 seconds.

Please see the Technique Training video in the onboarding section for general guidelines.

Get into a proper ready position.

Forehand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Buggy whip finish (3-5 reps)

1 Handed Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Flair finish (3-5 reps)

2 Handed Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Drive finish (3-5 reps)

Bonus: Slice Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)

- Short finish (3-5 reps)

Full Shadow Swings

Perform 1 set of 5 reps for each stroke.

If you don't have a TopspinPro, you can do shadow swings as shown in the video.

Without The TopspinPro

- Forehand (5 swings)
- Bonus: buggy whip forehand (5 swings)

- 1 Handed backhand (5 swings)
- Bonus: flair finish (5 swings)

- 2 Handed backhands (5 swings)
- Bonus: drive finish (5 swings)

With The TopspinPro

- Forehands (5 swings)
- 1 handed backhand
- 2 handed backhand (5 swings)

Workout Of The Day (WOD) Strength Workout #4 (20-30 Minutes)

Perform 3 sets of 10 reps for exercises unless exercise calls for a different set, rep, and time prescription (can do 5-8 reps as an option).

The key is not to go to fatigue. Feel strong and energetic at the end of the workout.

Perform each superset for 3 sets alternating exercises before moving on to the next superset. For example perform exercises 1A, then rest for 30-60 seconds, then perform exercise 1B. Then rest. Repeat 1A and 1B as a superset until 3 sets are complete and move on to 2A and 2B.

If pressed for time you can shorten the workouts by doing 2 sets instead of 3 or by removing a superset exercise.

If the exercises are too advanced you can use easier variations.

Give yourself plenty of rest between exercises (30-60 seconds) and 60-120 seconds between supersets.

Superset 1:

1A: Lower body exercise

- Single leg squat seated unassisted (3 x 10 reps)
 - Use hands to push off if necessary

1B: Upper body exercise

- Down dog push up (3 x 10 reps)

Superset 2:

2A: Lower body exercise

- Lateral lunges (3 x 10 reps)

2B: Upper body exercise

- Reverse snow angel (3 x 10 reps)
 - Keep palms down through movement
 - Feel the resistance behind the shoulder blades

Superset 3:

3A: Core exercise

- Drunken mountain climbers (3 x 10 reps)

3B: Finisher exercise

- Under the crawl space movement (2 x 5 reps)
- High ball crusher movement (2 x 5 reps)

Recovery (3-5 Minutes)

Perform each exercise for 60 seconds. You can extend the time for the breathing and Quick Coherence.

1. Eldoa L5-S1 (60 Seconds)
2. 5-Pause-5 Breathing
3. Quick Coherence

Daily High Performance Tip

Please see the Daily Inspiration video for general guidelines in the onboarding section.

- Take hot-cold contrast showers to boost your immune system.

Way to go! You successfully completed today's training. Get some rest and we'll see you tomorrow :)

Day 6

Mindset Prep (3 Minutes)

Please see the Mindset Prep video in the onboarding section for general guidelines.

Breathing: Take 1-3 breaths making them as slow and deep as possible. Expand the diaphragm and rib cage focusing on getting prepared for the workout.

Intention: Set an intention for the workout. For example, “I intend to bring good energy to the endurance circuit.”

Today’s Affirmation: My game gets better and better when I train off the court.

Dynamic Warmup #3 (5-7 Minutes)

Please see the Dynamic Warmup Training video in the onboarding section for general guidelines.

Perform 1 set of 7 reps for each exercise.

- Knee hugs
- Hip circles
- Quad pulls
- Toy soldiers
- Reverse lunges
- Pigeons
- Spidermans
- Alternate lateral lunges
- 90/90 rotators
- Egyptians

Technique: Shadow Swing Foundation (3-5 Minutes)

Perform 3-5 reps for each stance. You can do more sets and reps if you like:)

Forehand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Buggy whip finish (3-5 reps)

1 Handed Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Flair finish (3-5 reps)

2 Handed Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Drive finish (3-5 reps)

Slice Backhand Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Short finish (3-5 reps)

Full Shadow Swings

Perform 1 set of 5 reps for each stroke. You can do more swings if you like.
If you don't have a TopspinPro, you can do shadow swings as shown in the video.

Without The TopspinPro

- Forehands (5 swings)
- Bonus: Buggy whip forehand (5 swings)

- 1 Handed backhand (5 swings)
- Bonus: Flair finish (5 swings)

- 2 Handed backhands (5 swings)
- Bonus: Drive finish (5 swings)

With The TopspinPro

- Forehands (5 swings)
- 1 Hand backhand
- 2 Handed backhand (5 swings)

Workout Of The Day (WOD): Endurance Workout #6 (20-30 Minutes)

Rafael Nadal El Nino: The Waterfall

1 20 sec plank, then
1 20 sec plank, 2 burpees, then
1 20 sec plank, 2 burpees, 3 pushups, then
1 20 sec plank, 2 burpees, 3 pushups, 4 mountain climbers...

Follow the waterfall like the phenom for which Raging Rafael Nadal is named...

Until you finish with the last set which will be

1 20 sec plank, 2 burpees, 3 pushups, 4 mountain climbers, 5 sit ups, 6 russian twists, 7 reverse crunches, 8 lunges, 9 mini split jumps, and 10 air squats.

Have fun!

1. Plank
Variation: plank hand touches from knees
Variation: plank shoulder taps from knees
2. Burpees
Variation: Burpees modified
3. Push up
Variation: Push up ground
Variation: Half push up
4. Mountain climbers
5. Sit ups
6. Russian twists
7. Reverse crunches
8. Lunges
9. Mini Split Jumps
10. Air squats

Recovery (3-5 Minutes)

Perform each exercise for 60 seconds. You can extend the time for the breathing and Quick Coherence.

1. Eldoa L5-S1 (60 Seconds)
2. 5-Pause-5 Breathing
3. Quick Coherence

Daily High Performance Tip

Please see the Daily Inspiration video for general guidelines in the onboarding section.

- Write down the story of the life in a journal that you want to create every 30 days.

Way to go! You successfully completed the third week of training. Enjoy your day off:)

Day 7 - Rest Day

Please watch the video for Day 7 inside this week's section in the members area.