



# TENNIS EVOLUTION

# HOME TENNIS WORKOUTS UNLOCKED

**By Jeff Salzenstein**

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# **Home Tennis Workouts Unlocked**

## **6 Week Home Tennis Training Week 4**

**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 be solid with my forehand and backhand swing mechanics.”

**Today’s Affirmation:** I enjoy learning the proper and efficient ways to improve my groundstroke technique. I keep getting better and better.

## 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 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. 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 backhands (5 swings)
- 2 handed backhands (5 swings)

## Workout Of The Day (WOD): Footwork And Mobility Workout #1 (20-30 Minutes)

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.

### Shadow Footwork: Forehand Prep And Move

- Forward step (3-5 reps)
- Forward step and shuffle (3-5 reps)
- Step out and shuffle lateral (3-5 reps)
- Step out, shuffle lateral, and forward step (3-5 reps)
- Step out lateral (3-5 reps)
- Step out lateral and crab (3-5 reps)



## **Bonus: Shadow Footwork**

- Bonus: crossover lateral (3-5 reps)
- Bonus: crossover lateral and load (3-5 reps)
- Bonus: drop step (3-5 reps)
- Bonus: drop step, crossover, and load (3-5 reps)
- Bonus: crossover diagonal (3-5 reps)
- Bonus: crossover diagonal and step (3-5 reps)
- Bonus: run around (3-5 reps)
- Bonus: run around and shuffle (3-5 reps)

## **Shadow Footwork: 1 Handed Backhand Prep And Move**

- Forward step (3-5 reps)
- Forward step and shuffle (3-5 reps)
- Crossover lateral (3-5 reps)
- Crossover lateral and load (3-5 reps)
- Step out lateral and shuffle (3-5 reps)
- Step out lateral, shuffle, and forward step (3-5 reps)

## **Bonus: Shadow Footwork**

- Bonus: step out lateral (3-5 reps)
- Bonus: step out lateral and crab (3-5 reps)
- Bonus: drop step (3-5 reps)
- Bonus: drop step, crossover, and load (3-5 reps)
- Bonus: crossover diagonal (3-5 reps)
- Bonus: crossover diagonal and step (3-5 reps)

## **Shadow Footwork: 2 Handed Backhand Prep And Move**

- Forward step (3-5 reps)
- Forward step and shuffle (3-5 reps)
- Crossover lateral (3-5 reps)
- Crossover lateral and load (3-5 reps)
- Step out lateral and shuffle (3-5 reps)
- Step out lateral, shuffle, and forward step (3-5 reps)

## **Bonus: Shadow Footwork**

- Bonus: step out lateral (3-5 reps)
- Bonus: step out lateral and crab (3-5 reps)
- Bonus: drop step (3-5 reps)
- Bonus: drop step, crossover, and load (3-5 reps)
- Bonus: crossover diagonal (3-5 reps)
- Bonus: crossover diagonal and step (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.

- Schedule alone time to take care of yourself.

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 get more mobile and reduce the chance of injury with my training.”

**Today's Affirmation:** The stronger I get the more confidence I feel on the court.

## 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 Stances**

**Perform with or without the TopspinPro**

- Semi open stance (3-5 reps)
- Neutral stance (3-5 reps)
- Bonus: open stance (3-5 reps)

### **1 Handed Backhand Stances**

- Neutral stance (3-5 reps)
- Step across stance (3-5 reps)
- Bonus: back to front stance (3-5 reps)
- Bonus: open stance (3-5 reps)

### **2 Handed Backhand Stances**

- Neutral stance (3-5 reps)
- Step across and square up stance (3-5 reps)
- Bonus: back to front stance (3-5 reps)
- Bonus: open stance (3-5 reps)

# **Workout Of The Day (WOD)**

## **Strength Workout #1**

### **(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 leg forward unassisted (3 x 10 reps)
- Variation: Single leg squat leg forward assisted (3 x 10 reps)

##### **1B: Upper body exercise**

- Push up (3 x 10 reps)
- Variation: push up ground (3 x 10 reps)
- Variation: half push up (3 x 10 reps)

Repeat 1A and 1B for 2 more sets

## **Superset 2:**

### 2A: Lower body exercise

- Shoulder elevated bridge march (3 x 10 reps)
- Variation: glute bridge (3 x 10 reps)

### 2B: Upper body exercise

- Bent over row with towel (3 x 10 reps)

## **Superset 3:**

### 3A: Core exercise

- Standing first move rotations (3 x 10 reps)

### 3B: Finisher exercise

- Horse stance (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.

- Learn to say no and respect your boundaries.

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 focus on my breathing and improve my endurance.”

**Today’s Affirmation:** I love running for every ball knowing that I have incredible stamina.

## 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 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. 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 Backhands (5 swings)
- 2 Handed Backhands (5 swings)

# **Workout Of The Day (WOD):**

## **Endurance Workout #1**

### **(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 Djoker: Deck of Cards**

Get a deck of cards.

The suit determines the exercise.

The card value determines the number of reps performed.

How many cards can you do in 20 minutes?...

No Djoking around here:)

- Jack: 11 reps
- Queen: 12 reps
- King: 13 reps
- Ace: 1 rep
- Joker: Plank (60 seconds of total time)

### **♠ Burpees**

Variation: Modified Burpee

### **♣ Air squats**

### **♥ Push Ups**

Variation: Push up ground

Variation: Half push up

### **♦ Sit ups**



## Plank

Variation: Plank shoulder or hand taps from knees

## **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.

- Replace alcohol at the end of the day with mineral water and a lime. I love Topo Chico with a lime:)

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 move with efficiency and effortlessness as I learn new footwork moves.”

**Today’s Affirmation:** Every day and every way my footwork gets better and better.

## 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. You can do more sets and reps if you like:)

### **Forehand Stances**

**Perform with or without the TopspinPro**

- Semi open stance (3-5 reps)
- Neutral stance (3-5 reps)
- Bonus: open stance (3-5 reps)

### **1 Handed Backhand Stances**

- Neutral stance (3-5 reps)
- Step across stance (3-5 reps)
- Bonus: back to front stance (3-5 reps)
- Bonus: open stance (3-5 reps)

### **2 Handed Backhand Stances**

- Neutral stance (3-5 reps)
- Step across and square up stance (3-5 reps)
- Bonus: back to front stance (3-5 reps)
- Bonus: open stance (3-5 reps)

## **Workout Of The Day (WOD): Footwork And Mobility #2 (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**

- Step, shuffle, and swing (3-5 reps)
- Step, shuffle, swing, and square up (3-5 reps)
- Shuffle side, step, and swing (3-5 reps)
- Step out, swing, and crab (3-5 reps)
  
- Bonus: crossover, load, swing, and crab (3-5 reps)
- Bonus: drop step, crossover, load, and swing (3-5 reps)
- Bonus: crossover diagonal, step, and swing (3-5 reps)
- Bonus: run around, shuffle, and swing (3-5 reps)

### **Shadow Footwork: 1 Handed Backhand**

- Step, shuffle, and swing (3-5 reps)
- Step, shuffle, swing, and square up (3-5 reps)
- Shuffle side, step, and swing (3-5 reps)
  
- Bonus: step out, swing, and crab (3-5 reps)
- Bonus: crossover, load, swing, and crab (3-5 reps)
- Bonus: drop step, crossover, load, and swing (3-5 reps)
- Bonus: crossover diagonal, step, and swing (3-5 reps)

### **Shadow Footwork: 2 Handed Backhand**

- Step, shuffle, and swing (3-5 reps)
- Step, shuffle, swing, and square up (3-5 reps)
- Shuffle side, step, and swing (3-5 reps)
- Bonus: crossover, load, swing, and crab (3-5 reps)
- Bonus: drop step, crossover, load, and swing (3-5 reps)
- Bonus: crossover diagonal, step, and swing (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.

- Breathe in and out slowly focusing on your heart area and tap into a feeling of appreciation or care for someone or something else.

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 make my core stronger so that I can hit with more power.”

**Today’s Affirmation:** The stronger I get, the better I get at tennis. I love feeling my strength on the court.

## 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**

- 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 handed backhand
- 2 handed backhand (5 swings)

## **Workout Of The Day (WOD) Strength Workout #2 (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

- Wide grip push up (3 x 10 reps)

### **Superset 2:**

2A: Lower body exercise

- Posterior lift off with rotation (3 x 10 reps)

2B: Upper body exercise

- Standing I, Y, T with soup cans (3 x 10 reps)

### **Superset 3:**

3A: Core exercise

- Plank prone bent leg hand touches (3 x 10 reps)

### 3B: Finisher exercise

- Split stance groove (5 reps)
  - Semi open (5 reps)
  - Cross over (5 reps)
  - Open (5 reps)
  - Drop step (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.

- Write thank you notes to friends and family without them expecting it.

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 get more comfortable with using different stances when I hit the ball.”

**Today’s Affirmation:** As my core gets stronger, I feel more confidence in my body and my game. It’s so much fun to feel more strength and use it to improve my tennis.

## 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 Stances**

**Perform with or without the TopspinPro**

- Semi open stance (5 reps)
- Neutral stance (5 reps)
- Bonus: open stance (5 reps)

### **1 Handed Backhand Stances**

- Neutral stance (5 reps)
- Step across stance (5 reps)
- Bonus: back to front stance (5 reps)
- Bonus: open stance (5 reps)

### **2 Handed Backhand Stances**

- Neutral stance (5 reps)
- Step across and square up stance (5 reps)
- Bonus: back to front stance (5 reps)
- Bonus: open stance (5 reps)



## **Workout Of The Day (WOD): Endurance Workout #2 (20-30 Minutes)**

### **The Punisher: Abs like Agassi**

30 sec on, 30 sec off, 3 rounds for time...

Must don flashy clothes, blare rock and roll, and sport your best mullet during this workout:)

- Plank
  - Variation: Plank hand tap from knees
- Side plank with right hand on ground
- Side plank with left hand on ground
- Scissors
- Plank shoulder taps
  - Variation: Plank shoulder taps from knees
- Reverse crunches
- Russian twists

## **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.

- Get a massage regularly to relieve stress.

Way to go! You successfully completed the fourth 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.