



TENNIS EVOLUTION

HOME TENNIS WORKOUTS UNLOCKED

By Jeff Salzenstein

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Home Tennis Workouts Unlocked

**6 Week Home Tennis Training
Week 5**

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 becoming more masterful with specific return of serve movement patterns.”

Today’s Affirmation: As I spend more time on my return of serve, it becomes one of my bigger weapons and helps me to break serve more often.

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.

- 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 Return Position Holds

- First move holds (3-5 reps)
- Racquet tip down: fast 1st serve return
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Buggy whip finish (3-5 reps)

1 Handed Backhand Return Position Holds

- First move holds (3-5 reps)
- Racquet tip down: fast 1st serve return (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)

2 Handed Backhand Return Position Holds

- First move holds (3-5 reps)
- Racquet tip down: fast 1st serve return (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)

Bonus: Forehand Block Return Position Holds

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

Bonus: Backhand Block Return Position Holds

- First move holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish holds (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): Footwork And Mobility Workout #3 (20-30 Minutes)

Shadow Footwork: Forehand Return

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.

- Back to front hop (3-5 reps)
- Back to front (3-5 reps)
- Back to front square up (3-5 reps)
- Back to front square up and recover (3-5 reps)
- Step out and crab (3-5 reps)
- Body return: Step lateral, swing, shuffle (3-5 reps)

Shadow Footwork: 1 Handed Backhand Return

- Back to front hop (3-5 reps)
- Back to front (3-5 reps)
- Back to front square up (3-5 reps)
- Back to front square up and recover (3-5 reps)
- Step out and crab (3-5 reps)
- Body return: Step lateral, swing, shuffle (3-5 reps)

Shadow Footwork: 2 Handed Backhand Return

- Back to front hop (3-5 reps)
- Back to front (3-5 reps)
- Back to front square up (3-5 reps)
- Back to front square up and recover (3-5 reps)
- Step out and crab (3-5 reps)
- Body return: Step lateral, swing, shuffle (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 distractions
- Butterfly lift off
- Reach roll and lift
- Seated ankle ¼ circles
- Deep squat ankle mobility
- Leaning towers (Michael Jackson leans)
- Shoulder circles with towel

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.

- Avoid processed packaged junk food. Eat real, whole foods instead.

Way to go! You successfully completed today's. 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 comfortable practicing different stances and footwork patterns when I return serve.”

Today’s Affirmation: Every day I take positive steps to improve my mobility and strength so that I can play pain free and take my tennis to the next level

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

Forehand Return Stances Perform with or without the TopspinPro

- Back to front stance (5-10 reps)

1 Handed Backhand Return Stances

- Back to front stance (5-10 reps)

2 Handed Backhand Return Stances

- Back to front stance (5-10 reps)

Workout Of The Day (WOD) Strength Workout #3 (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 variation.

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

Superset 1:

1A: Lower body exercise

- Loaded ankle mobility (3 x 5-7 reps)
 - Use a chair to push off if necessary.

1B: Upper body exercise

- Shoulder circuit: lateral, front, rear delt raises (3 x 10 reps)

Repeat 1A and 1B for 2 more sets.

Superset 2:

2A: Lower body exercise

- Single leg deadlift eccentric (3 x 10 reps)
- Variation: single leg deadlift eccentric assisted (3 x 10 reps)

2B: Upper body exercise

- Chair dips bent leg (3 x 10 reps)
- Variation: Chair dips straight leg (3 x 10 reps)
- If you have wrist, elbow, or shoulder pain consider this variation:
 - Chair dips with side grip bent leg (3 x 10 reps)
 - Chair dips with side grip straight leg (3 x 10 reps)

Superset 3:

3A: Core exercise

- Dead bugs (3 x 10 reps)

3B: Finisher exercise

- Return plus recovery (3 x 5 reps, 1 set = 1 forehand return and 1 backhand return. Take appropriate rest after 1 set, stay rested and fresh.)

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.

- Consider supplementing with Vitamin B, C, D, zinc, magnesium, and glutathione.

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 strong with my endurance workout.”

Today’s Affirmation: I stay committed to finishing my return of serve strokes like a pro.

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 Return Position Holds

- First move holds (3-5 reps)
- Racquet tip down: fast 1st serve return
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)
- Buggy whip finish (3-5 reps)

1 Handed Backhand Return Position Holds

- First move holds (3-5 reps)
- Racquet tip down: fast 1st serve return
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)

2 Handed Backhand Return Position Holds

- First move holds (3-5 reps)
- Racquet tip down: fast 1st serve return
- Contact point holds (3-5 reps)
- Finish holds (3-5 reps)

Bonus: Forehand Block Return Position Holds

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

Bonus: Backhand Block Return Position Holds

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

Serena Williams: The Beast of Burden

Complete for time or the Widowermaker wins again.

- 50 Lunges
- 40 Russian twists
- 30 Air squats
- 20 Sit ups
- 10 Mountain climbers
- 20 Sit ups
- 30 Air squats
- 40 Russian twists
- 50 Lunges

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.

- Send an unexpected text or video greeting to a friend or family member to see how they are doing.

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 choose the Sampras start or the Federer start to improve my serve tempo.”

Today’s Affirmation: I focus on the process of improving my serve one step at a time without trying to change too many things.

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

Hold each position for at least 2 seconds.

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

Serve Position Holds

- Stance holds: Federer start (3-5 reps)
- Variation: Stance holds - Sampras start (3-5 reps)
- First move holds (3-5 reps)
- Trophy position holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish balance holds (3-5 reps)
- If you can't jump and land on the front foot consider this:
 - Variation: Finish balance holds (3-5 reps)
 - Step through (3-5 reps)
 - Continuous Swings (3-5 reps)

Workout Of The Day (WOD): Footwork And Mobility #4 (20-30 Minutes)

Shadow Footwork Serve

- Jump, land and step (3-5 reps)
 - If you can't jump...do the variation.
- Step into court (3-5 reps)
- Recovery split (3-5 reps)
 - Variation: recovery, step back, and split (3-5 reps)

Serve + Forehand

- Forward step, shuffle, and swing (3-5 reps)
- Step out lateral, swing, and crab (3-5 reps)
- Run around, shuffle, and swing (3-5 reps)

Serve + 1 Handed Backhand

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

Serve + 2 Handed Backhand

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

Mobility Drills

- Iso V sit and reach
- Supine bridge with reach
- Superman with hip lift and overhead reach
- Standing hip circles then rotation
- Overhead deep squat progression
- Arch then toe raises
- 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.

- Go for a walk in nature. Go barefoot for a few minutes and connect to the ground/earth.

Way to go! You successfully completed the day 4 training. Get some rest and we'll see you tomorrow for day 5:)

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 improve my trophy position on my serve

Today’s Affirmation: My serve gets more powerful as I gain more mobility and strength throughout my body.

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

Hold each position for at least 2 seconds.

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

Serve Position Holds

- Stance holds: Federer start (3-5 reps)
- Stance holds (variation) (3-5 reps)
- Sampras start (3-5 reps)
- First move holds (3-5 reps)
- Trophy position holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish balance holds (3-5 reps)
- Finish balance holds (variation) (3-5 reps)
- Step thru (3-5 reps)
- Continuous Swings (3-5 reps)

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

- Angled single leg calf raise (3 x 10 reps)

1B: Upper body exercise

- 90/90 shoulder rotators with soup cans (3 x 10 reps)

Superset 2:

2A: Lower body exercise

- Serve back leg load and release (3 x 10 reps)
- Variation: serve back leg load and jump (3 x 10 reps)
- Optional: reverse lunge (3 x 10 reps)
(if previous exercise is too challenging consider the reverse lunge)

2B: Upper body exercise

- Towel pull apart (3 x 10 reps)

Superset 3:

3A: Core exercise

- Plank march (3 x 10 reps)
- Variations:
 - Plank or hand touches from knees (3 x 10 reps)
 - Plank shoulder taps from knees (3 x 10 reps)

3B: Finisher exercise

- Trophy position hold (3 x 30 secs)

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.

- Pack healthy snacks like fruit, nuts, jerky, lean meats, and healthy protein powder when you travel.

Way to go! You successfully completed the day 5 training. Get some rest and we'll see you tomorrow for day 6:)

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 better at burpees to make me stronger.”

Today’s Affirmation: I love that I am gaining more strength, endurance, and mobility with each week

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:)

Hold each position for at least 2 seconds.

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

Serve Position Holds

- Stance holds: Federer start (3-5 reps)
- Stance holds (variation) (3-5 reps)
- Sampras start (3-5 reps)
- First move holds (3-5 reps)
- Trophy position holds (3-5 reps)
- Contact point holds (3-5 reps)
- Finish balance holds (3-5 reps)
- Finish balance holds (variation) (3-5 reps)
- Step thru (3-5 reps)
- Continuous Swings (3-5 reps)

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

The Roger Fed Ex Express (Triplet)

5 Burpees, 10 dips, 15 sit ups

Then...

4 burpees, 8 dips, 12 sit ups

Then...

3 burpees, 6 dips, 9 sit ups

Then...

2 burpees, 4 dips, 6 situps...

Then...

1 burpees, 2 dips, 3 situps...

Roger Federer. Timely, fast, and reliable. Hop on the Roger FedEx Express and follow the triplet until completion for time.

You can modify the burpees and chair dips (bent leg).

Burpees	5 reps	4	3	2	1
Dips	10 reps	8	6	4	2
Sit ups	15 reps	12	9	6	3

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 meditation App to use on your mobile device.

Way to go! You successfully completed the fifth 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.