

# WORKOUT OF THE WEEK



YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED!  
MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

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## THEME: TENNIS

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### MONDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Reverse Lunges
- Wide Squats
- Slow Inchworms

#### MAIN SET

- 15 Dead Bugs
- 30 Second Side Plank (R/L)
- 30 Russian Twists
- 25 Plank Jacks
- 30 Glute Bridges
- 10 Chops

### TUESDAY

#### WARM UP

30 seconds each

- Large Arm Circles
- Jump Rope Or Air Jump Rope
- Shoulder Rolls
- Slow Burpee

#### MAIN SET

- 20 Deadlifts
- 20 Dead Rows
- 15 Rotator Raises
- 20 Bicep Curls
- 20 Overhead Presses
- 20 Overhead Extensions
- 20 Chest Presses

### WEDNESDAY

#### WARM UP

30 seconds each

- Hip Circles
- Jog Shuffles
- Arm Circles
- Jumping Jacks

#### MAIN SET

- 15 Plank With Arm And Leg Extensions
- 20 Plank With Hop Twist
- 20 Bicycle Kicks
- 20 Reverse Crunches
- 20 Windshield Wipers
- 15 Bear Crawls
- 20 Mountain Climbers

REST 1-2 MINUTES IN BETWEEN SETS.

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Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- Jog In Place
- Skaters
- Air Jump Rope
- Grapevine

#### MAIN SET

- 20 Lunges
- 15 Squats
- 20 Side Lunges (10 Per Side)
- 10 Jump Squats
- 1-minute Plank
- 10 Burpees
- 10 Bird Dogs

### FRIDAY

#### WARM UP

30 seconds each

- Jog In Place
- Slow Burpee
- Skaters
- Shoulder Roll

#### MAIN SET

- 15 Dead Bugs
- Your Choice Upper Body Exercise
- 15 Planks With Arm And Leg Extensions
- Your Choice Core Exercise
- 10 Jump Squats
- Your Choice Leg Exercise
- 10 Burpees
- 10 Glute Bridges

We're pulling it all together! We've worked on specific locations all week—now let's put it all to good use. You will also get to choose a few of your own sets (review core and leg exercises to choose from).

**REST 1-2 MINUTES IN BETWEEN SETS.**

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## THEME: TENNIS

# DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **CROSS SHOULDER STRETCH**

This loosens up the back area of the shoulder.

- **ROTATING WRIST STRETCH**

This lengthens the muscles toward the radial side versus the ulnar side.

- **ASSISTED REVERSE CHEST STRETCH**

This stretches the lower chest muscle group.

- **STANDING HIGH LEG BENT KNEE HAMSTRING STRETCH**

- **BUTTERFLY STRETCH**

- **UPPER LOWER BACK STRETCH**