



## Sport: Tennis

Category	Exercise	Sets x Reps	Rest
<b>Flexibility &amp; Mobility</b>			
5-7minutes :30-60/side	<b>Foam Rolling:</b> Do these in order, visit vastasports.com for anything in question 1. T-Spine 2. Lats 3. Hip flexors 4. Adductors 5. Glute 6. Hamstring 7. Calves 8. Quad/Lateral	1 set/ side - :30-60/side	
3-5 minutes :30-60/side	<b>Stretching:</b> 1. Lat stretch 2. Supine figure four 3. Half kneeling SK adductor stretch 4. Wall hip quad 5. Calves	1 set/ side - :30-60/side	
<b>Dynamic Warm up</b>			
5 min	<b>Movement Prep:</b> Walking depth drops- 5 Hip circles- forwards/backwards- 10/s Knee hug- forward lunge- overhead reach and rotate- 5/s Lateral lunges- 5/s  <b>Sprint/Run Mechanic Warm-up:</b> Forward skip Backward skip Quick feet in place High Knees Butt Kicks Lateral High Knee X-Over Carioca Lateral High Knee X-Over Carioca ASkips Lateral Askips	1x 15-20yds	
<b>SPARQ</b>			
2 sets = 12 min training session 3 sets = 15 min training session 4 sets = 20 min training session	Forward Facing Split Stance Mb Power Throw From Hip	2x 5-8	1 min.
	Forward Facing - Rapid Response - med ball	2x 10-15/s	1 min.
	Partner Mirror Drill (between 2 cones, 10 yards apart)	4x	:30-60s
	Ladder drill- HK Xover	4x	:30-60s
<b>Cool Down</b>			
5-7min	Foam Rolling and static stretching from <b>Warm Up</b>		
<b>Disclaimer</b>			
1. You are engaging in this activity at your own risk. Please make sure you are cleared for physical activity by your primary Doctor.			
2. For best results, follow the program in order. If you have any questions visit the vastasports.com link.			