



Racquet Sports Strength Training Off Season A

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*K's Body Shop Personal Fitness Training recommends that you consult your Physician **BEFORE** beginning this or any new workout program! You should seek qualified professional instruction when learning new strength training exercises to ensure proper technique and avoid injury.*

Warm Up:

See dynamic warm-up workout.




Strength Training Workout:

This workout will be done as a circuit: do each exercise once in the order given; then repeat the entire sequence for the desired number of sets.

Exercise	Reps	Sets	Tempo	Rest
Single Leg Squat w/ External Shoulder Rotation	12-15	1-3	Controlled	minimal
Chest Press w/ Tabletop On SB	12-15	1-3	Controlled	minimal
Post Delt Flye w/ Stork Stance	12-15	1-3	Controlled	minimal
Prone Cobra	12-15	1-3	Controlled	minimal
Seated Row	12-15	1-3	Controlled	minimal
Step Up w/ 1 arm Shoulder Press	12-15	1-3	Controlled	minimal
Spinal Rotation	12-15	1-3	Controlled	minimal
Side Iso Abs with Hip Abduction	12-15	1-3	Controlled	minimal
Reverse Wrist Curl	15-20	1-3	Controlled	minimal
Wrist Pronation	15-20	1-3	Controlled	minimal
Wrist Supination	15-20	1-3	Controlled	1 minute

Cool Down:

The purpose of the cool-down is to slowly decrease the heart rate and overall metabolism, both of which have been elevated during the exercise session. This helps prevent any sudden pooling of blood in the veins and ensures adequate circulation to the muscles, heart, and brain; as well as preventing delayed muscle stiffness, soreness, and reducing any tendency toward post-exercise dizziness or fainting. The cool-down should consist of easy aerobic activity for 5-20 minutes, such as walking or easy biking. Static stretching is best done at this time (see Flexibility Workout).

SINGLE LEG SQUAT TO EXTERNAL SHOULDER ROTATION		
Preparation	<p>Engage abdominals to brace spine throughout exercise.</p> <p>Lift one foot off the floor and keep toes up. Keep feet parallel in frontal plane.</p> <p>Hold dumb bell in hand opposite of standing foot.</p> <p>Maintain level hips.</p>	
Movement	<p>Initiate the squat by bending the knee, keep the shoulder blades down and together and chest up.</p> <p>As your knees bend, flex forward slightly in the spine but keep chest up.</p> <p>Squat down as deep as you can with good control, maintaining heel contact with floor and reaching for balance foot with opposite hand (as shown). If unable to touch foot with good form, limit range of motion (such as reaching only for shin or knee).</p> <p>Watch hip and knee alignment (no pronation).</p> <p>Rotate dumb bell up to shoulder height (as shown).</p> <p>Return back to starting position and repeat.</p>	 
Variations		

CHEST PRESS WITH TABLETOP ON SB

Preparation

Place head & shoulders on ball, keeping neck in neutral position.

Position feet hip width apart to form good base of stability. Feet farther apart will be more stable, closer together will be more challenging.

Activate abdominals to brace spine and glutes to keep hips level.



Movement

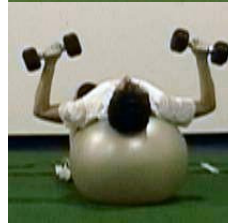
Start with arms straight over shoulders holding dumb bells.

Lower weights with control until elbows are level with shoulders.

Exhale while pushing both weights towards the ceiling.

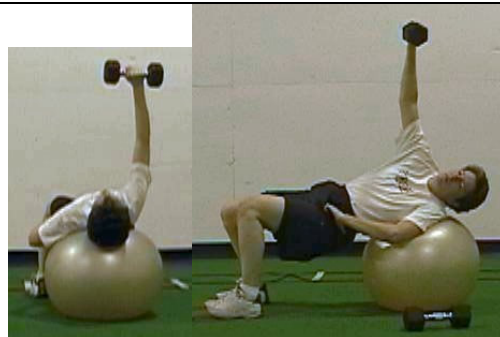
Keep body in "plank" position by maintaining glutes and abdominals active.

Keep weights above the mid-chest, not over your head.



Variations

Progression: single arm, single arm with rotation.



POST DELTOID FLYE WITH STORK STANCE

Preparation

Keeping neutral spine angles, bend forward at the hip (not the waist).

Extend one hip so that leg is raised straight behind you.

Hold dumb bell in each hand.

Maintain level hips throughout exercise.



front



side

Movement

Keeping arms straight, bring hands up to sides of body until they are at shoulder height.

Slowly return weights to start position, but remain in stork stance position.

Repeat for desired number of reps.

Repeat on other leg.







front



side

Variations

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COBRA		
Preparation	<p>Lay prone on floor with hands at your side, palms facing down.</p>	
Movement	<p>Simultaneously lift head and hands up off floor. This should be a slow & deliberate movement.</p> <p>Keep shoulders retracted (avoid shrugging).</p> <p>Hold for a second, slowly return to start, and repeat for desired number of reps.</p>	
Variations	<p>Lift feet off floor in addition to head and arms.</p>	
SEATED ROW		
Preparation	<p>Sit with good posture, knees slightly bent.</p> <p>Grasp handle with arms straight.</p>	
Movement	<p>Engage abdominals to brace spine.</p> <p>Pull elbows to ribs focusing on contraction of posterior shoulder muscles rather than arms.</p> <p>Keep shoulders retracted (do not shrug).</p> <p>Slowly return to start position maintaining neutral spine throughout exercise.</p> <p>Do not arch back or bend forward from waist.</p>	
Variations	<p>Use tubing instead of low cable, sit on stability ball, vary grip (parallel, underhand).</p>	

STEP UP TO SHOULDER PRESS

Preparation

Stand facing a box or step.

Engage abdominals to brace spine throughout exercise.

Hold dumb bell in hand opposite of stepping foot.

Maintain level hips.



Movement

Step up on to box.

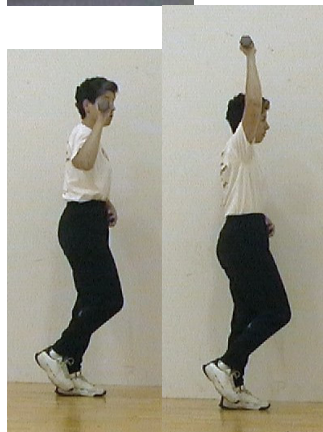
Watch hip and knee alignment (no pronation).

Bring dumb bell up to shoulder height.

Perform shoulder press.

Return back to starting position and repeat for desired number of reps.

Repeat for opposite arm & leg.



Variations

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SPINAL ROTATION - QUADRUPED

Preparation

Begin from a quadruped position (on hands and knees).

Place palm of one hand behind the neck and as far down the back as possible (between shoulder blades).



Movement

Rotate spine so that you are bringing the elbow across and under the body towards the opposite knee.

Rotate back to original position, then continue rotating so that elbow is pointing up towards the ceiling.

Keep neck in a neutral position throughout the exercise.

Repeat for desired number of reps.










Variations

Straight arm instead of bent.



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SIDE ISO ABS WITH HIP ABDUCTION

Preparation	<p>Lie on the right side with legs straight.</p> <p>Before movement begins, optimal postural alignment is mandatory.</p> <p>Place right hand or forearm directly under the right shoulder for support.</p> <p>Draw your lower abdomen inward toward your spine.</p> <p>While maintaining the drawing-in maneuver, lift body up onto forearm and hold.</p>	 <p>braced on hand</p>
Movement	<p>While still maintaining the drawing-in maneuver, raise top leg.</p> <p>Return top leg to start position and repeat recommended repetitions.</p> <p>The spine must stay in a neutral position!</p> <p>Do not sacrifice form for more reps or time.</p>	 <p>braced on forearm</p>
Variations	<p>Start in side lying iso abs position.</p> <p>Simultaneously abduct leg and arm from body.</p> <p>Maintain for a few seconds at the top of the movement as shown above.</p> <p>Try to maintain stability and lack of movement as the exercise is executed.</p> <p>For greater challenge, balance on hand instead of forearm.</p> <p>Regress exercise if the core cannot be maintained still and stability also maintained through the movement.</p>	

REVERSE WRIST CURL		
Preparation	<p>Sit with forearms resting on the thigh.</p> <p>Grasp a light dumb bell with palms facing down.</p>	
Movement	<p>Extend the wrist to raise the weight through as full range of motion as possible.</p> <p>Do not move forearm; all movement should come from wrist.</p> <p>Return to start position and repeat for desired number of reps.</p>	
Variations		
WRIST PRONATORS		
Preparation	<p>Sit with forearm resting on the thigh and wrist in neutral position.</p> <p>Grasp a light dumb bell or rod at bottom end, which is resting on knee (as shown).</p>	
Movement	<p>Eccentrically lower weight so that forearm supinates (palm faces up). Be sure to control deceleration of weight.</p> <p>Return to start position and repeat for desired number of reps.</p>	
Variations		

WRIST SUPINATORS

Preparation	<p>Sit with forearm resting on the thigh and wrist in neutral position.</p> <p>Grasp a light dumb bell or rod at bottom end, which is resting on knee (as shown).</p>	
Movement	<p>Eccentrically lower weight so that forearm pronates (palm faces down). Be sure to control deceleration of weight.</p> <p>Return to start position and repeat for desired number of reps.</p>	
Variations		

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