



## Racquet Sports Strength Training Off Season B

**Trainer: Kelly Doyle, MS, CSCS**

*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
Lunge to Balance – Frontal Plane	12-15	1-3	Controlled	minimal
Lat Pulldown	12-15	1-3	Controlled	minimal
Scaption	12-15	1-3	Controlled	minimal
Single Leg Lowering	12-15	1-3	Controlled	minimal
Bridge with Hip Adduction	12-15	1-3	Controlled	minimal
Straight Arm Pulldown	12-15	1-3	Controlled	minimal
Reach, Roll, Lift	12-15	1-3	Controlled	minimal
Leg Curl on SB	12-15	1-3	Controlled	minimal
Wrist Curl	15-20	1-3	Controlled	minimal
Radial Deviation	15-20	1-3	Controlled	minimal
Ulnar Deviation	15-20	1-3	Controlled	minimal
Finger Extension	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).

## LUNGE TO BALANCE – FRONTAL PLANE

<p><b>Preparation</b></p>	<p>Begin standing with good posture, abdominals engaged, and feet shoulder width apart.</p>	
<p><b>Movement</b></p>	<p>Lunge to the side landing on the entire foot, coming to a stabilized position, with lunging foot pointing out at a slight angle and the knee directly over 2nd &amp; 3rd toe. Standing leg should remain straight.</p> <p>From this position drive off of foot onto balance leg.</p> <p>Stand directly up into a balance position with balance/standing leg straight and lunging leg flexed 90° at the hip and knee with toes up.</p>	
<p><b>Variations</b></p>	<p>Progression: Hold weight in hands, or perform on Airex Pad or other unstable surface.</p>	

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## LAT PULLDOWN

<p><b>Preparation</b></p>	<p>Place hands on bar at a grip width that will allow the wrists to be perpendicular to the bar when the elbows are at 90 degrees.</p> <p>Lean back just enough so that the bar descends in front of you (<b>NOTE:</b> This will vary from machine to machine).</p>	
<p><b>Movement</b></p>	<p>Maintaining optimum spinal alignment, start to pull the shoulder girdle downward. While the shoulder blades continue to move downward, the arms should follow. Pull elbows towards the floor.</p> <p>The return motion must include shoulder girdle upward rotation and elevation. Motion should be stopped just before the muscles relax.</p> <p>Do not allow head to "jet" forward.</p>	
<p><b>Variations</b></p>	<p>Parallel grip, underhand grip, shoulder width grip.</p>	

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## SCAPTION

<b>Preparation</b>	Begin standing on both legs in good postural alignment, with weight in hands.	
<b>Movement</b>	<p>Keeping thumbs up, raise arms to shoulder height.</p> <p>Arms will be forward of the trunk at a 30-45 degree angle rather than straight out to the sides of the body.</p> <p>Do not allow your head to "jut" forward as you raise the dumbbells.</p> <p>Maintain optimal spinal alignment throughout movement.</p>	
<b>Variations</b>	Stand on one foot, unstable surface, single arm, alternating arms.	

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## SINGLE LEG LOWERING

<p><b>Preparation</b></p>	<p>Lay on your back with feet elevated, knees bent 90 degrees and directly over hips.</p> <p>Place your hands under your low back as a pressure control (if desired).</p>	
<p><b>Movement</b></p>	<p>Draw your lower abdomen inward toward your spine.</p> <p>Perform a <b>slight</b> posterior tilt. The backward motion of your pelvis (posterior pelvic tilt) should place slight pressure on your hands.</p> <p>While maintaining pressure on your hands, breathe from your belly and slowly slide one leg forward. If pressure changes on your hands, return leg to starting point.</p> <p>The key is to increase the challenge by sliding the leg away from your body while maintaining pelvic/abdominal stabilization.</p>	
<p><b>Variations</b></p>		

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## BRIDGE WITH HIP ADDUCTION ON SB

<b>Preparation</b>	<p>Lay supine on floor with legs grasping ball as shown.</p> <p>Keep toes pointing straight up throughout exercise.</p> <p>Engage abdominals to brace spine.</p>	
<b>Movement</b>	<p>Squeeze legs together against ball.</p> <p>Maintaining neutral spine angles, lift hips off floor so that body is straight.</p> <p>Lower hips to floor and repeat for desired reps.</p>	
<b>Variations</b>		

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## STRAIGHT ARM PULLDOWN

### Preparation

Standing with good posture, grasp bar with shoulder width grip (palms facing down).

Stand with knees slightly bent.

Keep abdominals engaged and shoulders down and back throughout exercise.



### Movement

Keeping arms straight and shoulders down, pull bar down towards floor.

Keep torso erect (don't do "abdominal crunch" to pull weight down).

Slowly return bar to start position and repeat for desired number of reps.



### Variations

Single arm, stand on balance board or other unstable surface.

Alternating arms using 2 cables (shown).



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## REACH, ROLL, LIFT

### Preparation

From hands and knees, sit back on heels and place forehead on floor with palms down.



### Movement

Push hand forward along floor as far as you can reach. Push from shoulder, do not pull with fingers.

Externally rotate shoulder so that palm is facing up.

Keeping forehead down on floor and arm externally rotated, lift arm off floor.

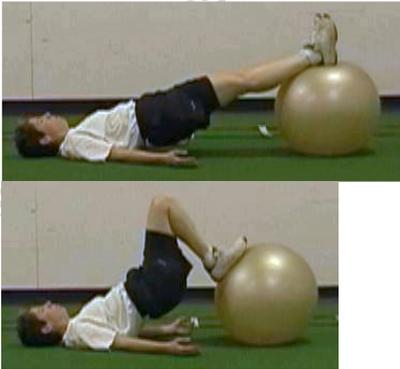
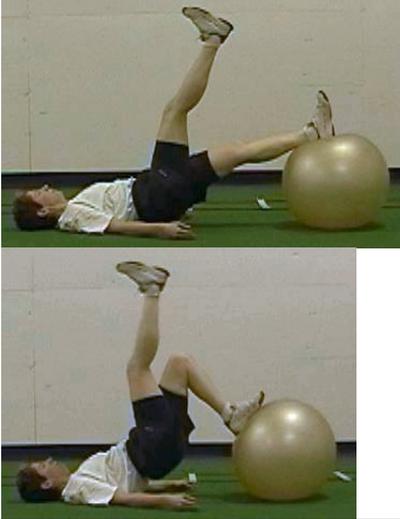
Reverse and repeat for desired number of reps.



### Variations

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## HAMSTRING CURL ON STABILITY BALL

<p><b>Preparation</b></p>	<p>Start by lying on back with arms outstretched and palms up.</p> <p>Place heels on ball with toes pointing straight up.</p> <p>Engage abdominals to brace spine and squeeze glutes to raise your hips from the floor. Body should now be straight.</p>	
<p><b>Movement</b></p>	<p>Keeping legs straight, slowly lower hips back to floor for desired number of reps. On final rep, keep hips elevated for leg curl phase.</p> <p>Keeping hips elevated, curl your heels toward your glutes by bending your knees.</p> <p>Slowly return to the start position while maintaining elevated hips throughout the entire exercise.</p> <p>Do not allow the feet to externally rotate while bending the knees (keep toes pointing straight up).</p>	
<p><b>Variations</b></p>	<p>Progression: single leg</p>	

## WRIST CURL

<p><b>Preparation</b></p>	<p>Sit with forearms resting on the thigh.</p> <p>Grasp a light dumb bell with palms facing up.</p>	
<p><b>Movement</b></p>	<p>Flex 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>	
<p><b>Variations</b></p>		

## RADIAL DEVIATION

<p><b>Preparation</b></p>	<p>Stand with good posture, arm by side, holding dumb bell or rod at one end (as shown).</p> <p>Free end of dumb bell should be pointing straight ahead of you.</p>	
<p><b>Movement</b></p>	<p>Keeping elbow straight, radially deviate wrist to lift free end of dumb bell (as shown).</p> <p>Return to start position and repeat for desired number of reps.</p>	
<p><b>Variations</b></p>		

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## ULNAR DEVIATION

### Preparation

Stand with good posture, arm by side, holding dumb bell or rod at one end (as shown).

Free end of dumb bell should be pointing straight behind you.



### Movement

Keeping elbow straight, ulnarly deviate wrist to lift free end of dumb bell (as shown).

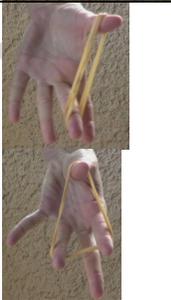
Return to start position and repeat for desired number of reps.



### Variations

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## FINGER EXTENSION

<p><b>Preparation</b></p>	<p>Loop rubber band around thumb and 1 or 2 fingers.</p>	
<p><b>Movement</b></p>	<p>Move thumb and fingers apart, opening hand.</p> <p>Repeat with different combinations until all fingers have been exercised.</p>	
<p><b>Variations</b></p>	<p>These variations can also be done using putty.</p>	

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