



## Racquet Sports Strength Training Pre 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:

Exercise	Reps	Sets	Tempo	Rest
Step Up to Shoulder Press	8-12	2-3	dynamic	2 minutes
One Arm High Row with Isometric Lunge	8-12	2-3	controlled	2 minutes
Deadlift	8-12	2-3	controlled	2 minutes
Russian Twist	8-12	2-3	controlled	2 minutes
Lateral Wall Slides	8-12	2-3	controlled	2 minutes
Draw the Sword	8-12	2-3	controlled	2 minutes
Back Extension with Rotation	8-12	2-3	controlled	2 minutes
Finger Extension	15-20	2-3	Controlled	1 minute
Wrist Curl	15-20	2-3	Controlled	1 minute
Radial Deviation	15-20	2-3	Controlled	1 minute
Ulnar Deviation	15-20	2-3	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 5-10 minutes, such as walking or easy biking. Static stretching is best done at this time (see Flexibility Workout).

## STEP UP TO SHOULDER PRESS

<p><b>Preparation</b></p>	<p>Stand facing a box or step.</p> <p>Engage abdominals to brace spine throughout exercise.</p> <p>Hold dumb bell in hand opposite of stepping foot.</p> <p>Maintain level hips.</p>	
<p><b>Movement</b></p>	<p>Step up on to box.</p> <p>Watch hip and knee alignment (no pronation).</p> <p>Bring dumb bell up to shoulder height.</p> <p>Perform shoulder press.</p> <p>Return back to starting position and repeat for desired number of reps.</p> <p>Repeat for opposite arm &amp; leg.</p>	 
<p><b>Variations</b></p>		

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## HIGH ROW w/ ISO SQUAT

<b>Preparation</b>	<p>Grasp cable handles in hands.</p> <p>Squat with feet hip width apart, knees tracking over toes, and neutral spine.</p> <p>Engage abdominals to brace spine.</p> <p>Maintain squat position throughout exercise.</p>	
<b>Movement</b>	<p>Without shifting body weight, pull elbows to ribs.</p> <p>Return arms to start position and repeat for desired number of reps.</p>	
<b>Variations</b>	<p>One arm, split stance (lunge) position.</p>	

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## DEADLIFT

### Preparation

Engage abdominals to brace spine throughout exercise.

Maintain neutral or slightly lordotic spine throughout exercise.

Approach barbell with feet hip width or slightly farther apart.

Grasp barbell so that hands are just outside of knee. Barbell should be close to shins and knees should be slightly forward of bar.

Keep head up (look ahead).



### Movement

Keeping back set, simultaneously extend hips and knees until you reach an upright position (as shown).

Return barbell to floor in reverse fashion and repeat for desired number of reps.

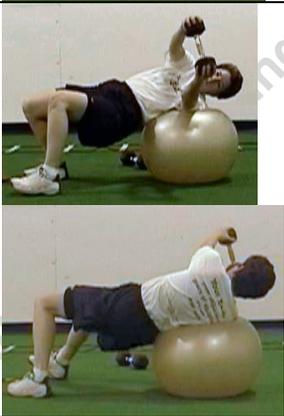


### Variations

Vary grip.

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## RUSSIAN TWIST

<p><b>Preparation</b></p>	<p>From a tabletop position on a stability ball, hold a dumb bell or medicine ball directly in front of you at arms length.</p> <p>Keep abdominals and glutes engaged throughout exercise.</p>	
<p><b>Movement</b></p>	<p>Keeping weight at arms length, rotate torso to one side. The ball will roll under your shoulders and you will go up onto one shoulder.</p> <p>Rotate in opposite direction to other shoulder.</p> <p>Repeat for desired number of reps.</p> <p>Do not allow hips to sag.</p>	
<p><b>Variations</b></p>	<p>Can also be done on glute-ham.</p>	

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## LATERAL WALL SLIDE WITH STABILITY BALL

<p><b>Preparation</b></p>	<p>Position ball under one arm and lean it against the wall beside you.</p> <p>Place feet together out from under your center of gravity away from wall (as shown).</p>	
<p><b>Movement</b></p>	<p>Lower hips towards floor until thighs are parallel to floor (if tolerated. Stay in a pain free range of motion).</p> <p>Keep heels flat on floor.</p> <p>Return to starting position, then repeat for desired number of reps.</p> <p>Repeat on opposite side</p>	
<p><b>Variations</b></p>	<p>Single leg.</p>	

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## DRAW THE SWORD

### Preparation

Stand tall with good posture and abdominals engaged.

To work right arm, stand with tubing under left foot.

Right hand should be holding handle of tubing as if you were reaching into your left pocket.



### Movement

Move the right arm up and out across the body similar to drawing a sword out of its sheath.

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



### Variations

Kneeling.



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BACK EXTENSION WITH ROTATION OVER SB ON TOES		
<b>Preparation</b>	<p>Kneel in front of stability ball.</p> <p>Lay prone over ball and lift knees off of floor.</p>	
<b>Movement</b>	<p>Keeping knees off of floor and hips in contact with ball, lift torso.</p> <p>Return to start position and repeat for desired number of reps.</p>	
<b>Variations</b>	<p>Progression: place hands by ears or overhead.</p>	
FINGER EXTENSION		
<b>Preparation</b>	<p>Loop rubber band around thumb and 1 or 2 fingers.</p>	
<b>Movement</b>	<p>Move thumb and fingers apart, opening hand.</p> <p>Repeat with different combinations until all fingers have been exercised.</p>	
<b>Variations</b>	<p>These variations can also be done using putty.</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>		

## ULNAR 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 behind you.</p>	
<p><b>Movement</b></p>	<p>Keeping elbow straight, ulnarly 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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