



## Racquet Sports Strength Training In Season

**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
Power Step Up	6-8	2-3	explosive	3-4 minutes
Overhead Throw	6-8	2-3	explosive	3-4 minutes
Ice Skaters	6-8	2-3	explosive	3-4 minutes
Side Medicine Ball Toss	6-8	2-3	explosive	3-4 minutes
Box Drill – 2 Feet	6-8	2-3	explosive	3-4 minutes
Bent Over Row – Alternating Arms	6-10	2-3	dynamic	3 minutes
One Arm Chest Press with Rotation on SB	6-10	2-3	dynamic	3 minutes
Single Leg Squat to External Shoulder Rotation	12-15	2-3	controlled	2 minutes
Finger Extension	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).

## POWER STEP UP – SAGITTAL PLANE

<p><b>Preparation</b></p>	<p>Stand facing a box or step.</p> <p>Keep abdominals active throughout exercise.</p>	
<p><b>Movement</b></p>	<p>Step up on to box and immediately jump as high as you can on the stepping leg.</p> <p>Land on the same foot on the box – hold for 1 second.</p> <p>Step back down to floor.</p> <p>Repeat for desired number of repetitions.</p> <p>Repeat on opposite leg.</p>	
<p><b>Variations</b></p>	<p>Vary height of box/step, vary plane of motion.</p>	

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OVERHEAD THROW		
<b>Preparation</b>	<p>Stand erect with medicine ball in both hands, abdominals engaged.</p> <p>Lift ball overhead and slightly behind you, bending arms and knees slightly as shown.</p>	
<b>Movement</b>	<p>Explosively throw the ball overhead for maximum distance.</p> <p>Repeat for desired number of reps.</p>	
<b>Variations</b>	<p>Take a step forward while throwing the ball.</p>	
ICE SKATER		
<b>Preparation</b>	<p>Begin in an athletic stance, with knees and elbows slightly bent.</p>	
<b>Movement</b>	<p>Perform a lateral hop, landing on outside foot.</p> <p>Absorb landing by squatting down on landing foot.</p> <p>Immediately hop laterally to the other foot, absorbing the landing by squatting on the landing foot.</p> <p>Repeat for desired number of reps.</p> <p>Perform as fast as you can control.</p>	
<b>Variations</b>		

## SIDE TOSS MB

### Preparation

Stand holding medicine ball in both hands with feet slightly further than hip width apart.



### Movement

Toss medicine ball sideways to a partner or concrete wall.

Catch the rebounding medicine ball.

Repeat for desired number of reps.



### Variations

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## BOX DRILL – 2 FEET

<p><b>Preparation</b></p>	<p>Stand with both feet in starting square of box.</p> <p>Maintain good spinal alignment and active abdominals throughout exercise.</p> <p>Be sure that knees track over toes. Do not allow knees to pronate.</p>	
<p><b>Movement</b></p>	<p>Hop on both feet together back and forth to targeted boxes as rapidly as you can control.</p> <p>Options shown include:</p> <p>Front and back</p> <p>Side to side</p> <p>diagonal</p>	 <p>Front and Back</p>  <p>Side to Side</p>  <p>Diagonal</p>
<p><b>Variations</b></p>	<p>Random patterns, complex patterns.</p>	

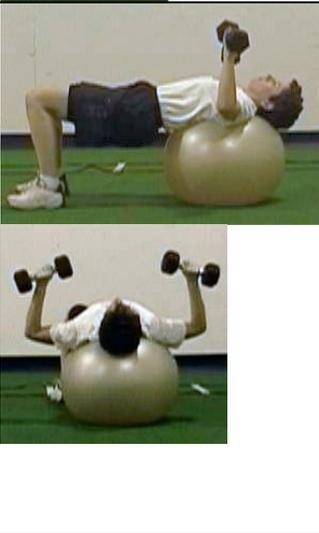
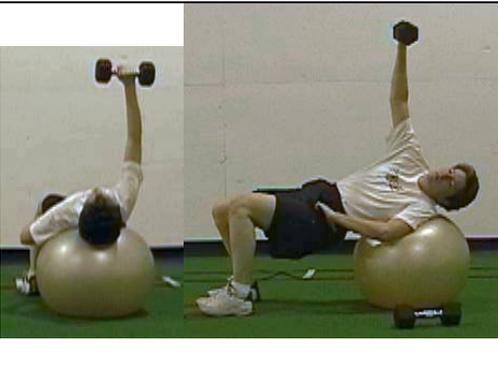
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## BENT OVER DUMB BELL ROW – ALT ARMS

<p><b>Preparation</b></p>	<p>Keeping a neutral spine, stand with feet hip width apart, bend forward at hip (not waist), and get into proper spinal alignment (neutral spine, neck, and head).</p> <p>Grasp dumbbell in each hand.</p>	
<p><b>Movement</b></p>	<p>From the start position, engage abdominals to brace spine.</p> <p>Maintaining optimal spinal alignment, pull elbow of one arm up to the rib cage.</p> <p>Simultaneously lower first dumbbell while lifting other.</p> <p>Initiate movement from posterior shoulder girdle rather than arm.</p> <p>Do not round back.</p>	
<p><b>Variations</b></p>	<p>Progression: single leg.</p>	

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## CHEST PRESS WITH TABLETOP ON SB

<p><b>Preparation</b></p>	<p>Place head &amp; shoulders on ball, keeping neck in neutral position.</p> <p>Position feet hip width apart to form good base of stability. Feet farther apart will be more stable, closer together will be more challenging.</p> <p>Activate abdominals to brace spine and glutes to keep hips level.</p>	
<p><b>Movement</b></p>	<p>Start with arms straight over shoulders holding dumb bells.</p> <p>Lower weights with control until elbows are level with shoulders.</p> <p>Exhale while pushing both weights towards the ceiling.</p> <p>Keep body in "plank" position by maintaining glutes and abdominals active.</p> <p>Keep weights above the mid-chest, not over your head.</p>	
<p><b>Variations</b></p>	<p>Progression: single arm, single arm with rotation.</p>	

## SINGLE LEG SQUAT TO EXTERNAL SHOULDER ROTATION

<p><b>Preparation</b></p>	<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>	
<p><b>Movement</b></p>	<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>	
<p><b>Variations</b></p>		

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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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