



Racquet Sports Strength Training Pre 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:

Exercise	Reps	Sets	Tempo	Rest
Lunge with Bicep Curl	8-12	2-3	controlled	2 minutes
Lateral Lunge with Scaption	8-12	2-3	controlled	2 minutes
Chops - Extension	8-12	2-3	controlled	2 minutes
Push-Up with Rotation	8-12	2-3	controlled	2 minutes
Standing One Arm Row	8-12	2-3	controlled	2 minutes
Shoulder Press – Alternating Arms	8-12	2-3	controlled	2 minutes
Crossover Step Up	8-12	2-3	controlled	2 minutes
Oblique Twist	8-12	2-3	controlled	2 minutes
Lying L Flye	12-15	2-3	Controlled	1 minute
Reverse Wrist Curl	15-20	2-3	Controlled	1 minute
Wrist Pronators	15-20	2-3	Controlled	1 minute
Wrist Supinators	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).

LUNGE WITH BICEP CURL

Preparation	<p>Stand with good posture holding dumb bells in hands.</p> <p>Keep abdominals active throughout exercise.</p>	
Movement	<p>While stepping forward on to lunging leg, simultaneously perform a bicep curl.</p> <p>Return to standing position and repeat for desired number of reps.</p> <p>This exercise can be done as a static lunge, forward lunge, multiplanar lunge, or walking lunge.</p>	
Variations	<p>Lunge in different planes of motion.</p> <p>Lunges can be done in static or dynamic fashion.</p>	

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LATERAL LUNGE WITH SCAPTION

<p>Preparation</p>	<p>Stand erect with good posture, abdominals engaged, dumb bells in each hand.</p> <p>Maintain neutral spine throughout exercise.</p>	
<p>Movement</p>	<p>Step to one side with foot turned out slightly, knee tracking over toes.</p> <p>Simultaneously perform scaption exercise by lifting dumb bells to to shoulder height keeping thumbs pointing up.</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>Repeat lunges to both sides of body for desired number of reps.</p>	
<p>Variations</p>		

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CHOPS – EXTENSION

Preparation

Stand tall (or kneel) with good posture and abdominals engaged.

Grasp handle with both hands, holding weight on right side of body above shoulder height.



Movement

Move arms down and out across the body towards the left hip (as shown).

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

Repeat on opposite side.



Variations

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PUSH UP WITH ROTATION

Preparation	<p>Begin in a prone plank position as shown. Body should be in a straight line, maintaining neutral spine angles throughout exercise.</p> <p>Engage abdominals to brace spine.</p>	
Movement	<p>Keeping body in a straight line, lower towards floor until elbows are even with shoulders.</p> <p>Simultaneously rotate to one side as you push back up (as shown).</p> <p>Repeat and alternate sides.</p>	
Variations	<p>Add dumb bells as shown.</p>	

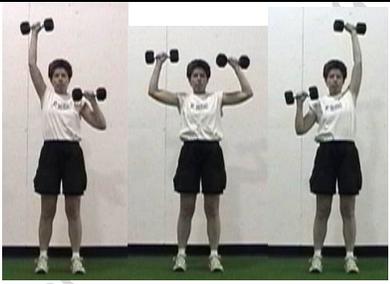
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BENT OVER DUMB BELL ROW ONE FOOT

Preparation	<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 one hand.</p> <p>Stand on opposite foot.</p>	
Movement	<p>From the start position, engage abdominals to brace spine.</p> <p>Maintaining optimal spinal alignment, pull elbow up to the rib cage.</p> <p>Slowly lower dumbbell.</p> <p>Initiate movement from posterior shoulder girdle rather than arm.</p> <p>Do not round back.</p>	
Variations	<p>Both arms simultaneously, alternating arms.</p>	

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SHOULDER PRESS – ALT ARMS

<p>Preparation</p>	<p>Stand erect with feet shoulder width apart.</p> <p>Engage abdominals to brace spine.</p> <p>Hold dumb bells at shoulder height (as shown).</p>	
<p>Movement</p>	<p>Press right dumb bell straight overhead (as shown).</p> <p>Simultaneously lower right dumb bell as left is being pressed.</p> <p>Repeat alternating presses for desired number of reps.</p> <p>Be sure to maintain neutral spine – do not arch back.</p>	
<p>Variations</p>	<p>Use parallel grip, stand on 1 leg, stand on unstable surface.</p>	

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CROSS OVER STEP UP

<p>Preparation</p>	<p>Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.</p> <p>Activate core by engaging abdominals.</p> <p>Position feet shoulder width apart, pointing straight ahead.</p> <p>Stand next to step or bench that is a comfortable height to step up on.</p>	
<p>Movement</p>	<p>With your outside leg, step over your inside foot onto the bench or step.</p> <p>In a simultaneous motion, step up onto the bench. Try to maintain balance on that one foot (don't put other foot down on bench).</p> <p>Step down on the other side of the bench by landing on opposite foot (which will now be outside foot).</p> <p>Make sure knee stays in good alignment over toes.</p> <p>Repeat on other side.</p>	
<p>Variations</p>	<p>When technique is mastered load can be added by holding dumb bells.</p>	

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OBLIQUE TWIST

Preparation

Lay supine on floor with neutral spine and arms above head.

Draw in abdominals to brace spine.

Keep head and neck in neutral alignment throughout exercise. Head should remain on floor.



Movement

Perform a **slight** posterior tilt.

Bring one arm off floor and try to touch elbow to opposite knee.

Keep other leg at 90 degrees of hip and knee flexion.

Alternate sides.

Repeat for desired number of reps.



Variations

Progression: extend other leg without allowing low back to arch.



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LYING L FLYE

<p>Preparation</p>	<p>Lie on side with head supported so that neck is in neutral alignment.</p> <p>Hold light weight in hand with arm bent 90 degrees and elbow resting on hip as shown.</p>	
<p>Movement</p>	<p>Keeping elbow on hip, rotate upper arm to lift hand towards ceiling.</p> <p>Slowly lower weight back to starting position.</p> <p>Repeat for desired number of reps.</p>	
<p>Variations</p>		

REVERSE WRIST CURL

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

WRIST PRONATORS

Preparation

Sit with forearm resting on the thigh and wrist in neutral position.

Grasp a light dumb bell or rod at bottom end, which is resting on knee (as shown).



Movement

Eccentrically lower weight so that forearm supinates (palm faces up). Be sure to control deceleration of weight.

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



Variations

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WRIST SUPINATORS

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

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