

CORE PERFORMANCE WORKOUT

Monday, February 23, 2009

[Print](#)**MY PROGRAM: Tennis****PHASE: Get Stable****SCHEDULE: 5 Days per Week****PROGRESS: Week: 2 - Day: 2**

Prehab (5 mins.)
 Movement Prep (5 mins.)
 Medicine Ball (5 mins.)
 Movement Skills (8 mins.)
 Strength (30 mins.)
 ESD (14 mins.)
 Regeneration (5 mins.)
Total Time: 72 mins.

WORKOUT DETAILS**PREHAB**

Perform all movements with minimal rest between sets/exercises

EXERCISE	SET TYPE	SETS	REPS	UNITS
■ Y, T, W, L- Physioball	Single	1	12	
■ Pillar Bridge- Front/Lateral	Single	1	25	seconds
■ Miniband Straight Leg Lateral Walk- Knees	Single	1	10	each
■ Seated Shoulder Depression	Single	1	15	

MOVEMENT PREP

Perform all movements with minimal rest between sets/exercises

EXERCISE	SET TYPE	SETS	REPS	UNITS
■ Hip Crossover- Feet Up	Single	1	8	each
■ External Hip Rotation- Sidelying	Single	1	10	each
■ Lateral Slide Squat	Single	1	4	each
■ Knee Hug Lunge Elbow to Instep	Single	1	4	each
■ Inverted Hamstring- In Place	Single	1	4	each
■ Rapid Response 1 Leg Lateral	Single	1	5	seconds each

MEDICINE BALL

Take 45-60 seconds between sets/exercises for recovery to ensure high quality of movement

EXERCISE	SET TYPE	SETS	REPS	UNITS
■ Medicine Ball Chest Pass- Standing	Single	1	12	
■ Medicine Ball Overhead Pass- Kneeling	Single	1	12	
■ Medicine Ball Perpendicular Rotational Throw- Kneeling	Single	1	12	each
■ Medicine Ball Parallel Rotational Throw- Standing	Single	1	12	each

MOVEMENT SKILLS

Take full recovery between sets and exercises to ensure high quality of movement

EXERCISE	SET TYPE	SETS	REPS	UNITS
■ Lateral Shuffle- Cutting	Single	1	4	each
■ Crossover Drill- Quick/Stabilize	Single	1	4	each
■ 3 Hurdle Drill- Continuous	Single	1	4	trips each

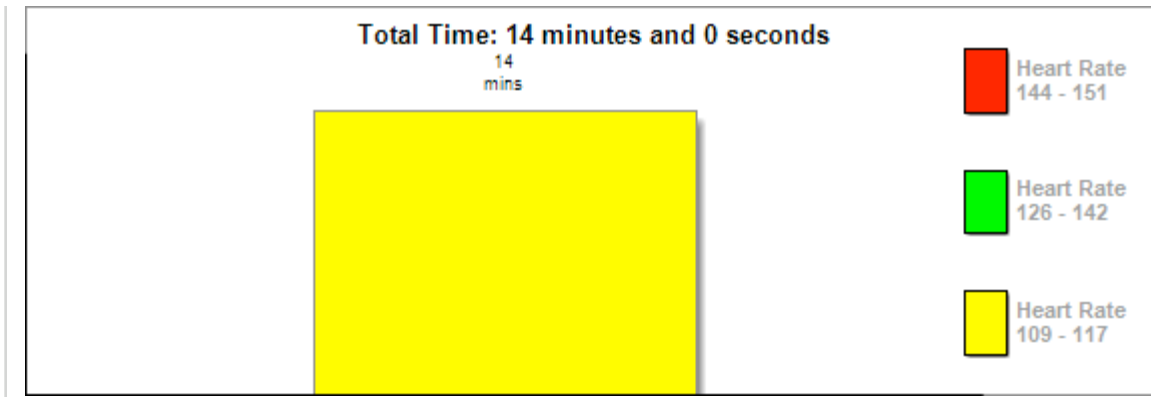
STRENGTH

Perform superset or circuit exercises of the same shading together with minimal rest and then move on to the next shaded group

EXERCISE	SET TYPE	SETS	REPS	UNITS
■ Quadriceps/Hip Flexor Stretch- Kneeling	Circuit	3	5	each
■ Squat- Front	Circuit	3	8	
■ Plate Crunch- Physioball	Circuit	3	12	
■ Glute Bridge to Leg Curl- Physioball	Circuit	3	10	
■ Russian Twist- Physioball	Superset	2	10	each
■ Rotational Row- 1 Arm Cable Standing	Superset	2	8	each

ESD

Start the time when you start the effort to reach the prescribed heartrate, NOT when you enter the heartrate zone

**REGENERATION**

Perform all movements with minimal rest between sets/exercises

EXERCISE	SET TYPE	SETS	REPS	UNITS
■ Foam Roll- Pec	Single	1	30	seconds each
■ Foam Roll- Adductor	Single	1	30	seconds each
■ Foam Roll- Hamstring	Single	1	30	seconds each
■ Reach, Roll- Physioball	Single	1	8	each
■ Quadriceps/Hip Flexor Stretch- Kneeling	Single	1	8	each