

Specific Tennis Fitness Program at Home

By Douglas Cordero



Workout 1		
Exercise	Set	Reps
Exercise Running		
Dynamic Stretching	5	min
Interval Aerobic: 2 steps lateral side return 2 steps then sprint 8 m (both sides)	3	8
Exercise on the Step		
Scissor jump	2	10
Quit feet	2	10
Jumping in-out	2	10
Jumping in -out squat	2	8
Side lunges side to side with Swiss Ball or Racquet	2	10
Speed		
Sprint 5m from kneeling position	2	4
Sprint 5m from kneeling position then forehand- backhand volley	2	4
Sprint 5m touch the cone backpedal / Split	2	4
Sprint 5m touch the cone backpedal / Split then one step side return one step	2	4
Sprint 5m to the cone backpedal / Split then one step side fh-bh return one step	2	4
Lateral movement one step side to side 3 Reps then sprint 5 m BH -FH Volley	2	4
Jump feet together over 4 cones then sprint 5 m BH-FH Volley - backpedal - volley	4	1
Jump feet together over 6 cones then sprint 5 m BH-FH Volley - overhead	4	1
Balance		
Jumping side to side over the cone land one leg forehand-backhand	3	6
Upper Body		
Push Ups on the medicine ball	4	10
Resistance Band standing Chest Press	4	15
Resistance Band standing Lateral Raise	4	12
Resistance Band standing Rotator Cuff (internal-external rotations)	4	10
Resistance Band standing Triceps Extension	4	12
Resistance Band twist (side to side)	3	10
Core		
Bosu Crunches - leg raises and Superman	3	10
Static Stretching	5 min	

https://www.youtube.com/playlist?list=PLXVzSJy1QoU6Z-BNL3pc5swbyk7gi_x8n

Workout 2		
Exercise Running	Set	Reps
Dynamic Stretching	5 min	
Interval Aerobic: 2 steps lateral side then sprint 8 m repeat other side	3	8
Footwork over the Barr		
Quick feet	2	10
Quick feet over the Barr 10 reps then lateral side in front the Barr repeat other side	2	10
Scissor jump 5 reps then split	2	10
Scissor jump 5 reps Split - forehand-backhand volley closed	2	10
Quick Feet 5 reps Split - forehand-backhand O.S / forehand-backhand C. Stance	2	10
Reaction Speed 10 Cones		
Sprint straight (3m) - sprint diagonal (3 m) touch every cone (10 cone)	2	10
Lateral side 2 steps then sprint diagonal one step	2	10
Lateral side one steps then sprint diagonal one step Backhand or Forehand Close S.	4	10
Speed		
Intermittent Sprint to 6 meters Increasing reps – 5 sec recovery	2	1-2-3-4
Sprint with Elastic resistance two Steps	3	6
lateral shuffle with Elastic resistance two Steps (every side)	2	4
Ankle resistance band sidesteps	3	8
Ankle resistance band sidesteps forehand - backhand O.S with transfer forwards	3	8
Medicine ball		
Normal Lunge with twist	3	10
Side lunge open stand with twist	3	10
Balance		
Jumps side to side over the cone land one leg (foreh /backh) with transfer forward	2	6
Strength		
Normal Lunges and shoulder press with resistance band	3	8
Step Up on the (Big Step or Bench) Forehand - Backhand with transfer forward	3	6
Upper Body		
Resistance Band standing Row	4	15
Resistance Band standing Upright	4	12
Resistance band standing diagonal reverse fly high to low	3	10
Resistance band standing scarecrow	3	10
Resistance Band standing Biceps	4	12
Core: Sitting leg raise - Russian twist - sitting leg raise	4	10
Static Stretching	5 min	

<https://www.youtube.com/playlist?list=PLXVzSjy1QoU4A92yx02qWQtI5wnaQOxp1>

Workout 3		
Exercise	Set	Reps
Dynamic Stretching	5 min	
Interval Aerobic: Sprint 3 steps backpedal 3 steps then Sprint 8m repeat both sides	3	8
Footwork with cone		
2 cones: Figure 8 lateral shuffle	2	10
3 cones: Lateral side sig zag the cone (4rep) – sprint 6m	2	6
2 cones Figure 8 forward and back (first step (4r) – sprint 6m	2	4
Speed		
Jumps side to side over the cone land one leg then Sprint	2	2
Jumps side over the cone land one leg FH or BH jump other side then Sprint	2	2
Sprint 3 Steps touch the cone back pedal	3	6
Ankle resistance band, jump feet together over the hurdle then split inside Out	2	4
Ankle resistance band, jump feet together over the hurdle then FH-BH Close S.	2	4
Ankle resistance band lateral 2 steps FH-BH Volley / FH-BH Close Stance	3	4
Lateral Shuffle 3 steps FH-BH Open / Close Stance	2	4
Service		
Service over the cone – Land one leg keeping balance	2	4
Service over the cone – split and then sprint FH or BH Close stance	2	4
Service over the cone – split and then inside out forehand	2	4
Strength		
Resistance Band Squat with shoulders press		
Upper Body		
Resistance Band standing High Row	4	10
Resistance Band standing Chest Press	4	10
Resistance Band standing Lateral Raise	4	10
Resistance Band standing Kick back Triceps	4	10
Resistance Band twist (both side)	4	10
Resistance Band Forehand-backhand two steps	3	8
Core		
Lying Crunches– Lying Leg Raise, Knees Bent – Plank 30 sec	3	12
Static Stretching	5 min	

<https://www.youtube.com/playlist?list=PLXVzSJy1QoU7p2fSC-apJ5BuHamh1Nb3E>

	<u>4 weeks</u>	<u>4 Weeks</u>
Monday	Workout 1	Workout 1
Tuesday	Rest Day	Rest Day
Wednesday	Workout 2	Workout 3
Thursday	Rest Day	Rest Day
Friday	Workout 3	Workout 4