

SMITH COLLEGE TENNIS WORKOUT TO MUSIC

Pick your favorite music. Use the times listed below and tape a mix of music based on those times.

STANDING (1 min 20sec./30 sec rest)

Forward arm raises

Upright row

Lateral arm raises

Concentration curls (one knee, one arm at a time)

STANDING (1 min. 20 sec./30sec rest)

Bent over row

Reverse fly (lean forward from waist)

Overhead triceps lift (one arm at a time)

ON BENCH (1 min. 20sec./30sec rest)

Chest press (keep arms over shoulders)

Abdominal crunches (sitting on the bench)

Back extension (on extension bench)

FORM AND TECHNIQUE

Rotator cuff exercises should be included as injury prevention.

Reference: 1999 Tennis Booklet; Surgical Tubing Strengthening, section C and Smith Tennis Weight Program, Shoulder: internal/external rotation.

Optional: Squats (see handout good form is essential to prevent injury).

This is basic upper body workout to be used in the off-season.

The program should be completed three times and will take less than 20 min.

Start with one set of 10 for each exercise and gradually increase to 3 sets of 10. Warm-up before and stretching and cool down after the workout is essential. The program is to be set to music and should be repeated three times each week with a recovery day between each workout for optimal value. It is suggested that the running workout be done on the off weight days.

Refer to the 1999 Tennis Booklet for explanation of each exercise.

SUGGESTED RUNNING PROGRAM (three times a week)

100-100-100-100-200-200M

100-100-200-100-100-200M

100-100-200-200-100-100M

Remember static functionals before and thorough stretching afterwards!!!

Rowland/Davis