

# Tennis 2018 Winter Packet

# Week 1 Day 1

- KB Squats 4 x 10
- Roller Hams 4 x 8 tempo
- Box Jumps 4 x 6
- Roller Side Lunge 4 x 6 each leg
- Monster Walks 4 x 6 each way
- Lateral Step Ups 4 x 12

## Ab Circuit:

- DB Side Bend 4 x 8 each
- GHD Sit Ups 4 x 8
- V ups 4 x 10

## Finisher:

- Banded Squat Ladder 12→1

# Week 1 Day 2

- Lat Pull Downs 4 x 8
- Med Ball Slams 4 x 12
- TRX Inv. Rows 4 x 12
- DB Bench L+R+Both 4 x 5 each
- Bench Dips 4 x 12
- DB Curls 4 x 8 each

## **Finisher:**

- DB 21's x 3
- Plate Upright Rows  
3 x 10
- Plate ABC's x 2
- Push Up Ladder  
10 --> 1
- Tabata Abs  
(6in, flutters, scissors)

# Week 2 Day 1

- KB Squats 4x10
  - Roller Side Lunge 4x8ea
  - 3 Way Calf Raises 4x10ea
  - Seated DB press 4x8
  - Up, Twist, Over, Twist, Down 4x5
  - V-Grip Lat Pulldown 4x8
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- KB Swings 4x10
  - Partner Hams 4x5
  - Wall Balls 4x10
  - Band X Pull Aparts 4x10
- Finisher:**
- Sally Squat Holds
  - Tabata Abs  
(6in, flutters, scissors, leg raises)

## Week 2 Day 2

- Lat Pull Downs 4 x 8
  - Tire Hits 4 x 12
  - Pull Up Negatives 4x5
  - DB Incline Bench L+R+Both 4x5 ea
  - DB Hammer Curls 4x8 each
  - DB SA Skull Crushers 4x8 each
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- DB 21's x 3
  - Band X Pull Aparts  
3x12
  - Plate ABC's x 2
- Finisher:**
- Push Up Ladder  
10 --> 1
  - Core: 200 reps abs

# Week 3 Day 1

- Goblet Squat 4x10
  - 3 Way Calf Raises 4x30
  - Lateral Step Ups 4x6ea
  - SL Box Jumps 4x4ea
  - GHD Raises 4x5
  - KB Side Lunge 4x5ea
  - Band Hip Flexor Hold 4x20 sec each
  - Plate OH Walking Lunge 4x8each
  - Wall Ball 4x8
- Core: 200 reps abs

## Week 3 Day 2

- Plate Twist 3x12
  - Band Around the world 3x6
  - DB Seated Press 3x5 (L+R+B)
  - DB 21's x3
  - Reverse Fly's 3x8
  - Band Hyper Row 3x8each
  - Scap Pushups 3x20
  - Hammer Curls 3x8 each
  - Dips 3x15
  - Low Rows 3x8
  - Pushups 3x8
- Finisher:**
- Dead Man Hang

# Week 4 Day1

- KB Lunge Pass through 3x16
  - Roller Hams (Tempo) 3x8
  - Med Ball 90/90 squeeze 3x20s
  - Band Monster Walks 3x8 each
  - Plate Footwork 3x25sec
  - Skater Hops 3x4 each
  - Box Push Offs 3x16
  - Broad Jumps 3x4
  - Pulse Squats 3x30
  - Band RDL 3x12
  - Roller Side Lunges 3x6 each
- Finisher:**
- Sally OH Lunge Holds
  - Core



## Week 4 Day 2

- Lat Pull Downs 4 x 8
- Med Ball Slams 4 x 12
- TRX Inv. Rows 4 x 12
- DB Bench L+R+Both 4 x 5 each
- Bench Dips 4 x 12
- DB Hammer Curls 4 x 8 each

### **Finisher:**

- DB 21's x 3
- Plate Upright Rows  
3 x 10
- Plate ABC's x 2
- Push Up Ladder  
10 --> 1
- Tabata Abs  
(6in, flutters, scissors)

# Week 5 Day 1

- KB Squats 4 x 10
- Roller Hams 4 x 8 tempo
- Box Jumps 4 x 6
- Roller Side Lunge 4 x 6 each leg
- Monster Walks 4 x 6 each way
- Lateral Step Ups 4 x 12

## Ab Circuit:

- DB Side Bend 4 x 8 each
- GHD Sit Ups 4 x 8
- V ups 4 x 10

## Finisher:

- Squat Hold for Time

# Week 5 Day 2

- Box Push-offs 4x10each
  - DB Step Ups 4x8ea
  - 3 Way Calf Raises 4x10ea
  - Seated DB press 4x8
  - Up, Twist, Over, Twist, Down 4x5
  - V-Grip Lat Pulldown 4x8
  - KB Swings 4x10
  - Roller Hams 4x5
  - Wall Balls 4x10
  - Band X Pull Aparts 4x10
- Finisher:**
- Tabata Abs x3  
(6in, flutters, scissors, leg raises)