

Tennis

Warm-up : ½ mile warm-up

3 sets of 10(25 yards) Monday, Wednesday, Friday

Split-Steps,

Knees to Chest, in straight line

Butt Kicks

Frankensteinss or Tin Soldiers

Lunges

Side Shuffles looking forward

Karaoke

Arm Circles

Tennis Workout

https://youtu.be/IWa_r2dzY-g

Tennis Drills with Racket

Serving etc.

<https://youtu.be/NCUyNnILdlI>

Cool-down; jog ½ mile and stretch for 20 minutes

Tuesdays & Thursday, play tennis or hit against a wall 45 - 60 minutes

And jog 1 mile and stretch