



TENNIS HIIT WORKOUT



All you guys need for this workout is a medicine ball, a timer and a little space!

Hit 4- 5 rounds with minimal rest between exercises and 50secs rest between rounds

Your exercises are...

- LUNGE TWIST - 40secs
- SQUAT LAUNCH - 40secs
- RUSSIAN TWIST PRESS - 40secs
- SIDE TO SIDE PRESS UPS - 40secs
- SPEED SKATERS - 40secs
- SHUFFLE SPRAWLS - 40secs

LUNGE TWIST

Always be ready to launch into that forehand smash with this explosive movement.

- Start in a lunge position with your right leg in front and your upper body rotated to the right holding the ball with both hands
- Jump up as high as you can and switch legs mid air while rotating the ball to the other side



- Land softly into a lunge with your left foot in front and upper body turned to the left

SQUAT LAUNCH

Never get lobbed again with this plyometric exercise.

- Starting from hips, lower into a squat, bringing the ball to the floor, keeping chest up and shoulders back
- Explosively return to standing, bringing the ball to chest with arms bent
- Jump up, and press weight overhead. Bend your knees to land softly and immediately lower into the next squat with the ball returned to the floor

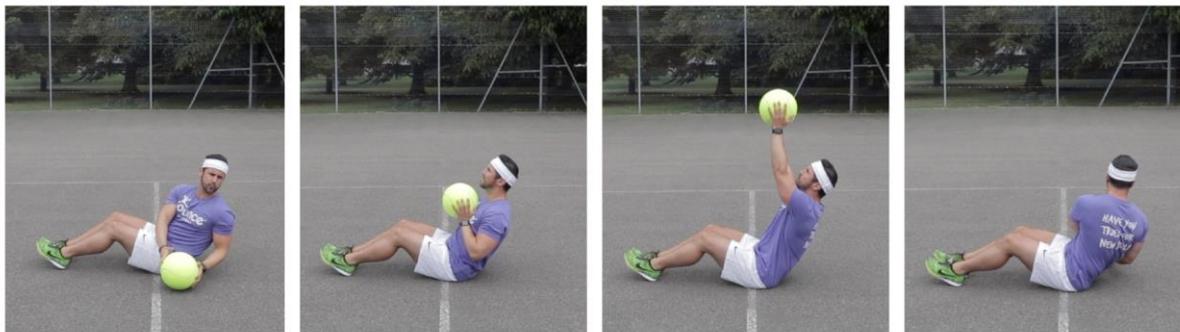


- Repeat the process

RUSSIAN TWIST PRESS

Develop that core strength to power up that backhand screamer.

- Holding the ball, sit on the floor with your knees bent and feet flexed
- Keep your back straight and hips facing forward as you twist your torso to the right and touch the ball to the floor next to you
- Rotate back to centre and press the ball overhead, then lower it and rotate to the left
- Reverse the movement and repeat the process



SIDE TO SIDE PRESS UPS

Always have the power to punish your opponents with a lethal forehand.

- Place the ball on the ground and place one hand on top of the ball and the other hand on the ground beside it. Perform a push up, dropping your chest close to the ground
- Quickly push back up to the top of the push up and as you do, jump your body over the ball, placing the other hand on top of the ball as you place the other hand on the ground
- As you land, sink into another push up and then explode back up and shuffle back over the ball

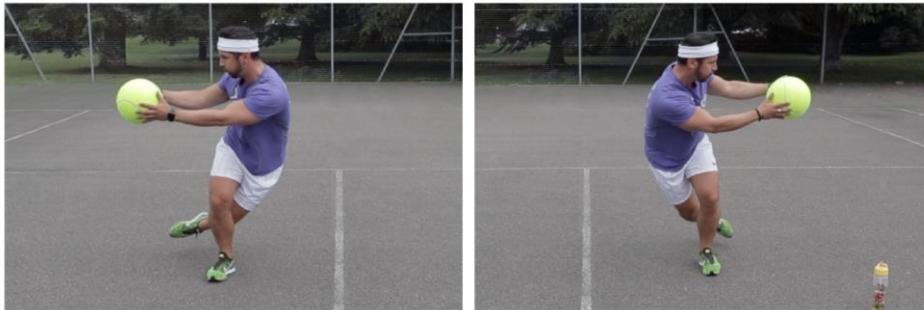


- Beginners can try the knee Push Up Shuffle

SPEED SKATERS

Improve your ability to change from one direction to another in a blink of an eye.

- Stand on your left foot with your left knee slightly bent with your right foot behind and slightly off the floor
- Explosively push off with your left leg and hop to the right
- Land on your right foot and bring your left foot behind your right while swinging your arms to the right with the ball in your hand, without touching the left foot to the ground. Repeat bounding back and forth



SHUFFLE SPRAWLS

Always be quick across the court to make that down the line return.

- Start in an athletic position, feet shoulder width apart with the knees bent in a half squat, holding the ball at your chest
- Side shuffle three steps
- Place the ball on the floor and keeping your hands on the top of the ball with the arms straight, jump the feet back into a plank position
- Quickly jump the feet back towards the hands and come straight up into the original half squat position



- Repeat side shuffling in the other direction