

## SMITH TENNIS STRENGTH TRAINING

Design your own program to maximize your on-court strength and balance

CORE	QUAD/GLUTES	CHEST	SHOULDERS	BICEPS	WRIST/FOREARMS
Crunches	Front lunges/back lunges	Incline chest press	Overhead (shoulder) press (bb)	Upright row	Wrist curls/extension
Diagonal crunch	Squat w plyo balls	Incline push up	Bar dips	Bar curls	Wrist curls/flexion
Plyo ball crunches ^	Step up w bb	Push ups^	Lateral raises(bb)	Bent over one arm row (vertical row)	Forearm pronation
Hanging knee raises	Side or diagonal lunges	Chest (bench) fly*			Forearm supination
UPPER BACK	HAMSTRING	LOWER BACK	ROTATOR CUFF	TRICEPS	CALVES
Front lat pulldown	Step up	"Superman" (plyo ball opt.)	Internal shoulder rotation	Kickback on bench	Calf raises ^
Bar dips	Med ball push off	Back extension on bench	External shoulder rotation	Above head	
Chest (bench) fly*	Hamstring curls (machine)	Superwoman opp arm/leg (plyo ball opt.) ^		Back dips w bench	
Shrugs		Pelvic tilt		Cable pull down^	

### Guidelines:

1. Select two (or substitute) lifts from each category and fill in personalized workout form (turn in copy to CD)
2. Warm-up before lifting (ex: 10 to 12 min on the bike)/stretch thoroughly or functionals and stretch.
3. Emphasize technique (*See diagrams at the Smith Weight Rm for guide to form and technique*)
4. Build to 2 sets of 8-10 reps with no more than 30sec rest between sets for aerobic affect.
5. Program should be completed in 20-30 min. (30-45min if additional exercises are added)
6. Emphasize form (Refer to diagrams posted in SC weight room)
7. Repeat program 2-3 times per week with a day of rest between workouts.  
(Variation: Upper body one day and lower body the next for daily routine)
8. SuperSlow Lifting: Feb18, Mar4, Mar18 and Apr1

C. Davis  
Spring, 2003