

# **AN INTRO TO STRENGTH TRAINING FOR TENNIS**

**A 6-WEEK STARTER PROGRAM & GUIDE**

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# 6-WEEK INTRODUCTORY STRENGTH TRAINING FOR TENNIS

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## DISCLAIMER

This is a free resource! If for some reason you paid for this, get a refund and please notify me at [Mattspoint](#).

The program contained in this text can be executed by anyone who is physically able with no pre-existing injuries. The information within this program acts as a template and therefore cannot take into account individual differences amongst athletes. Mattspoint is not responsible for any injuries that occur as a result of this or any other strength training program.

By voluntarily following this program, you or your athlete agree to hold Mattspoint, and it's owners harmless. All athletes should seek medical advice before beginning this training program. If you are under the age of 18, seek parental or guardian consent before starting this program.

## WHO IS THIS PROGRAM INTENDED FOR?

This program has been designed with the young athlete in mind - anyone from the age of 10 and up. However, tennis players of any age who have limited experience with strength training and are looking to improve general and sport-specific strength qualities can also engage in this program. Although research supports the implementation of strength training in youth athletes, anyone under the age of 18 should perform this program under the supervision of a coach or parent.

If you are a strength & conditioning coach or a tennis coach, you may want to perform a [Movement Screen](#) with your athlete(s), in order to assess any deficiencies, before beginning this program.

## WHO IS THIS PROGRAM NOT FOR?

If a Movement Screen - or an evaluation administered by a physiotherapist (PT) - indicates severe movement and or joint deficiencies in an athlete, they should **NOT** begin this program. Furthermore, their PT, or other health care provider, should administer a '**Return to Play**' program for the athlete to follow.

An athlete with any other medical issues should first receive medical clearance before partaking in a strength training program.



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## PROGRAM GUIDELINES // FOLLOW THESE INSTRUCTIONS

1. Perform the program as closely as it is presented in this guide. There is a specific progression that needs to be followed, so follow it.
2. Do not perform another program at the same time. This may result in overtraining and injury. Set aside 6 weeks to get through this program before moving on to something more advanced.
3. For best results, you must do this program at least 2 times per week (I recommend 3). Proper warm-up and recovery practices must also be followed, otherwise progress may stall and/or the athlete may be predisposed to injury.

## SPORT SCIENCE // KNOW THE BASICS FIRST

### ADAPTATION PROCESS

Simply put, we don't improve strength - or any other fitness quality - through training. We improve fitness qualities by recovering from a training stimulus; like a strength training exercise/session. That being said, certain parameters need to be in place before that happens. For example, if a training stimulus is too low - i.e. the exercise wasn't challenging enough or an inadequate number of reps/sets were performed - there won't be much to recover from. **Therefore, no adaptation.** Conversely, if too much is done too soon, athletes are too sore, the adaptation process takes too long and we lose valuable training time to continue gaining fitness/adapting. This is why a properly organized training program is so important. It provides enough stimulus to stress the body but not too much to overwhelm it.

The emphasis in this program is on bodyweight exercises. If an athlete is unable to perform the exercises presented in this guide, they surely shouldn't be lifting weights. That said, once sufficient strength has been achieved, athletes (even young ones) are encouraged to be progressively adding resistance, otherwise progress will stall.

**For more info on why you should strength train for tennis, including improving explosiveness, read this article: [Developing Explosive and First Step Abilities in Tennis - A Case for Maximum Strength Training](#)**

### VOLUME VS. INTENSITY

Here's where we begin to manipulate the variables in order to get the most out of our training program, and our athlete. Generally speaking, when introducing a strength training program to novices, the volume of work is high compared to the intensity of work. Here are several key variables that can be manipulated to achieve the appropriate volumes and intensities:



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## REPS

Early on in a training program, more reps at lower intensities should be performed. The musculoskeletal system will undergo changes and prescribing low reps with high intensities (contrary to what you'll do in this program) early on will increase stress to levels higher than the body can manage.

## SETS

Contrary to reps, early on in the training of the young athlete, sets will be quite low compared to more advanced programs. Although volumes are high compared to intensities, this does not mean that absolute volumes are high. Compared to programs of elite athletes, volumes should still be low with novices.

## LOAD

To keep intensities low, the load (or weight) used must be low. In many cases, bodyweight acts as a sufficient amount of resistance with young/novice athletes. Weight training may lead to high stress and eventual injury if done too early, or without the requisite general strength.

## MOVEMENT SPEED

Movements can either be controlled or explosive. In the case of novices, they usually have limited motor control over their limbs. Performing movements in a controlled manner helps improve motor control while also developing general strength qualities that will help potentiate more advanced strength and power programs later on.

## TIME

Certain exercises are performed for time rather than number of reps. This is often the case for any type of isometric (where a muscle contracts but no movement takes place) type exercises whereby the athlete is holding certain positions (or working against loads they cannot lift).

## REST

Rest intervals are important in order to facilitate recovery between sets. Often times, introductory programs are performed in a circuit format for the following reasons - time constraints, parallel increases in conditioning & strength, easy workflow in group settings etc. When this is the case, exercises may sometimes be alternated (i.e. different body segments used from one exercise to the next) to facilitate recovery and enhance the flow of the session.



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## FREQUENCY

We'll consider frequency in terms of number of sessions per week. For novices, anywhere from 2-4 sessions per week is sufficient and may contribute to overall improvements in strength. Less than 2 will likely not be enough to see results while more than 4 could cause too much soreness, stress and the potential for overtraining.

## EXERCISE SELECTION

Often times, novice athletes believe that strength training will make them look like bodybuilders. The sport of bodybuilding uses principles derived from strength training to optimize muscle size and definition. Bodybuilding exercises generally isolate a certain joint to target a particular muscle. This is **NOT** the primary manner in which athletes train. Athletes train movements, not muscles. This means that several joints (multi-joint exercises) will be involved during an exercise - similar to what would occur in sport. Multi-joint exercises also facilitate a harmonious increase in muscle size and strength.

## PROGRAM INFO

### BODY-WEIGHT (BW) BEFORE WEIGHTS

Because this program is intended for young athletes and/or novices (when it comes to strength training), it's important to prepare with bodyweight exercises first. This is important as strength training doesn't just train the muscles but will also train any tissues involved. Tissues can include bones, ligaments, tendons and fascia. Bodyweight exercises allow for better adaptation to strength training of all tissues. Furthermore, bodyweight exercises don't put as much stress on tissues as free-weight exercises - this provides more assurance to the athlete and coach in terms of overtraining and injury risk. This program incorporates bodyweight exercises **ONLY**.

### GENERAL MOVEMENTS BEFORE SPECIFIC MOVEMENTS

The emphasis here is on MOVEMENTS. I can't stress this enough. We're not isolating specific muscles. This generally creates imbalances that may lead to injury. Movements involve multiple joints through multiple planes of motion, similar to what you would encounter in sport. Also, general strength training exercises should be prioritized before sport-specific strength exercises. This is true as general exercises recruit more muscles, and more muscle fibres, in a more uniform fashion. This program will incorporate both with an emphasis on general exercises in the first 3-week phase and a conversion to more specific exercises in the second 3-week phase.

For more on the movements involved in tennis, read this article:

[What The Sport of Tennis Demands](#)



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## LOADING PATTERN

This 6 week program has 2 phases. Phase 1 will incorporate more general strength exercises - these movements would benefit any young athlete. In Phase 2, the program will emphasize exercises that have similar movement patterns to tennis. Also, to facilitate recovery, this program will have a 2:1 loading:unloading structure. This means that from week 1 to week 2 there will be a progressive increase in loading (sets, reps, load etc.) while in week 3, there will be a deload (or decrease) in loading. This type of loading pattern helps athletes recover and adapt more optimally. Furthermore, exercise complexity will also increase as the training weeks progress.

## SESSION FREQUENCY

This program is designed to be performed 3 days per week and should take anywhere from 30min-60min - depending on the athlete's current fitness level. It might be a good way to integrate strength training with tennis practices - which can be done either before or after tennis training. Also, because exercises require the use of one's own body weight only, it can also be performed at home.

## GENERAL WORKOUT GUIDELINES

1. Set and rep ranges are provided to account for individual strengths & weaknesses.
2. Workouts can be performed in a circuit manner or one exercise at a time.
3. Perform exercises in the order they are presented.
4. Perform 8-12 repetitions on all mobility exercises. If tight, perform 2-3 sets of each mobility exercise. Do them before training.
5. A space has been left for the athlete to fill out the number of sets and reps performed for each exercise, on each training day. This will help track progress.
6. If a movement is too difficult, please [email me](#) and I will help with regressions and suggestions.
7. Likewise if a movement is too easy, please get in touch and I'll provide progressions that are more challenging.

You'll notice that there is nothing fancy about this program - but what matters is following a progression, getting in all reps, sets and training days (no days off) and being focused on perfecting the movements.



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## THE EXERCISES

### LOWER-BODY

Lower body exercises make up the foundation of the program as all tennis movements (including stroke production) are initiated with a leg drive. Without sufficient leg strength, it will be very difficult for a player to generate power both when moving to the ball, recovering after a shot and when attempting to produce power on groundstrokes, serves etc. In this program, lower body exercises are divided into general and specific. General lower-body exercises will be used primarily in the first 3 week phase of the program while specific exercises will be used in the latter half of the program.

### UPPER-BODY

Although tennis players do not require heavy musculature in the upper-body, they still need to possess strength in this area. Hypertrophy is a fancy way of saying 'muscular growth'. Almost all forms of resistance training will increase muscle size but the degree to which muscles grow depends on many factors including type of training, genetics, nutritional factors and so on. Performing a few upper-body exercises several days a week will primarily improve tissue strength, coordination and overall muscular function - size is secondary.

### TRUNK EXERCISES

It's no surprise that trunk exercises are included in this program. These exercises are extremely important for a number of reasons. They help protect the spinal column from injury, they improve running mechanics and they allow for optimal transfer of power into all tennis strokes. In this program, trunk exercises are grouped as either Anti-Rotation exercises or Flex-Extend-Rotate exercises. Anti-Rotation exercises help improve stability - these are your general plank isometric hold exercises. When performing these exercises, I advise not to perform holds for more than 30 seconds at a time. When holding for shorter periods and attempting to contract all body segments **maximally**, you will recruit a higher percentage of muscle fibres and help increase strength. To gain endurance, we simply perform more sets. The Flex-Extend-Rotate exercises, are also important to prepare the body for more intense training modalities down the road. Many coaches advise against lumbar flexion. This is, however, incorrect. The spine was designed to flex, extend and rotate. We must train it in these positions, otherwise, when we encounter them in sport, we'll be ill-prepared and injury may ensue. In phase 2, to add complexity, all Anti-Rotation exercises can be performed with 1-leg variations - either in a marching style or with one leg up for an extended period of time.

### MOBILITY EXERCISES

Mobility is defined as the interplay between flexibility and strength. Mobility exercises are to be done prior to any type of training in a dynamic, active manner. These movements are an excellent opportunity to work on specific weaknesses as well as any deficiencies in range of motion that an athlete may have. When done properly, they help increase blood flow to joints and increase synovial fluid movement between bony surfaces.





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## FLEXIBILITY EXERCISES

Although not the focus of this guide, stretches may help with tissue extensibility, recovery, soreness and relaxation. To learn more about both mobility and flexibility, please see the following articles:

[Beyond Stretching - An Introduction to Mobility for Tennis](#)

[Mobility for Tennis Part 2 - The Science of Stretching](#)

[Dynamic & Static Stretching for the Tennis Warm-Up - Mobility Part 3](#)

## SHOULDER WARM-UP

For tennis players, this is critical. Research suggests that many shoulder injuries actually occur because of either a poor warm-up or lack of one. It's important to move the shoulder in a variety of directions and planes, especially those that are encountered during tennis play - with an emphasis on overhead actions to prevent injuries from serving. Shoulder exercises should be performed before every tennis session. To get into a habit of performing shoulder exercises - and because there is a small strength benefit to performing them - I recommend doing them prior to all training sessions, on and off the court. Read this article for more info:

[4 Reasons to Include a Shoulder Routine Into Your Tennis Warm-Up](#)

**Furthermore, every player should have a resistance band in their tennis bag. The Mattspoint Resistance Band is ideal and allows for a variety of exercises to be performed.**

**For a resistance band exercise guide, and to purchase a band, visit <http://www.mattspoint.com/trainingaids/>**



*Please Note // Exercise descriptions are provided in another attached PDF.*





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## ONCE I'M FINISHED THE PROGRAM, THEN WHAT?

If you've followed this program, you should now feel stronger, more mobile and ready to move on to something more advanced. Here's what's next:

### ATHLETES

Completing this program means that you have gained significant general strength. From here, it's important to continue training and now is a great time to begin integrating more resistance to your strength exercises, along with power exercises.

Tennis is fast and explosive. It's imperative that young athletes begin a progressive power program early in their training. This DOES NOT mean they should start jumping on high boxes and doing all kinds of crazy plyometric drills right off the bat, but it does mean they should learn how to properly jump and land (yes there's a correct and incorrect way to land - with the latter increasing chances of lower-body injuries). Rotational and upper-body power are also important at this stage, with low level plyometric activities.

For an intermediate, integrated strength & power program, please contact me directly at [matt@mattspoint.com](mailto:matt@mattspoint.com). I offer several individualized strength program for tennis players of all levels and ages.

### COACHES

Refer this guide to your fellow colleagues, athletes and parents by telling them to sign up at [Mattspoint](http://Mattspoint). Find out if your athletes are ready for a more progressive training program and please get in touch if that's the case. You can also get in touch at [mattspoint.com/contact](http://mattspoint.com/contact) for any other inquiries you may have.

## FINAL THOUGHTS

Thank you for downloading and reading this program. There's a lot of information here so if you have any questions or comments, don't hesitate to reach out - [www.mattspoint.com/contact/](http://www.mattspoint.com/contact/).



## LOWER-BODY EXERCISES

### GENERAL

#### PRISONER SQUAT

- Place your hands behind your head and interlock your fingers.
- Squat down while keeping the weight on your heels and your chest upright.
- Get down as low as you can then extend your legs to return to the starting position.

#### PRISONER GOOD MORNING

- Place your hands behind your head and interlock your fingers.
- Keep your torso contracted and begin bending at the waist.
- As your body becomes parallel to the ground, your knees will bend slightly.
- Return to your starting position.

#### GLUTE-HAM BRIDGE

- Lie down on your back with your knees flexed and feet firmly planted on the ground.
- Keeping your arms to the side, extend your hips and contract your glutes maximally.
- Hold for a second and slowly return to the starting position.

#### 1-LEG GLUTE-HAM BRIDGE

- Same as Glute-Ham Bridge but 1 leg at a time.

#### SIDE-LYING LEG RAISE

- Lie down on your side with your hand holding up your head.
- Lift your outside leg as high as you can and then slowly bring it back down.

#### 1-LEG SQUAT

- Place your hands on your hips and stand on one leg.
- Slowly squat down while keeping your torso contracted and allow the non-working leg to move behind you.
- Squat as low as you can and then come back up. Do not let the non-working leg touch the ground until all reps with the working leg are completed.

#### PISTOL SQUAT

- Keep your arms to the side and stand on one leg.
- Perform a squat while moving your arms in front of your body and allowing the working leg to move straight in front of you.
- Squat as low as you can and come back up. Use a chair or box behind you if you're new to this exercise.

#### NORDIC CURL (PARTNER ASSISTED)

- Sit on your knees in an upright position.
- While a partner holds your ankles firmly, slowly allow your body to fall forward.
- Once you can no longer control your body, catch your fall with your hands and push yourself back up to the starting position.

#### JUMP SQUAT

- Place your hands on your hips.
- Squat down until your thighs are just above parallel to the ground.
- Extend your legs explosively and jump as high as you can.
- Absorb the landing in a quarter squat position, reset and then repeat the jump.



# EXERCISE DESCRIPTIONS //

## SPECIFIC

### LUNGE FWD

- Place your hands on your hips and lunge forward with 1 leg.
- Keep your torso contracted and return back to the starting position.
- Perform one leg at a time.

### LUNGE SIDE

- Same as Lunge Forward but instead lunge to the side.

### LUNGE BWD

- Same as Lunge Forward but instead lunge backwards.

### 1-LEG RDL

- Same as Good Morning but with one leg at a time.

### BULGARIAN SQUAT

- Put 1 foot on a box or chair behind you while placing your hand on your hips.
- Squat down on one leg making sure the weight is distributed evenly on your foot and your knee is not moving too far in front of your foot.
- Control the movement and return to the starting position.

### 1-LEG JUMP

- Same as Jump Squat but one leg at a time.

## UPPER-BODY EXERCISES

### GENERAL

#### INCLINE PUSH-UP

- Place your hands just outside shoulder width on a box or chair etc.
- Keep your entire torso and lower-body contracted while lowering your chest to the box.
- Return to the starting position. DO NOT let your elbows flare out (i.e. keep them close to your body) or shoulder issues may ensue.

#### DIPS

- Place your hands on a box or chair behind you while you extend your legs in front of you.
- Extend your arms fully, keeping your elbows in (no flaring).
- Slowly lower yourself by flexing your elbows and repeat.

#### PULL-UP\*

- Place your hands on a bar with your palms facing forward.
- Hang on the bar while interlocking your feet.
- Pull yourself up and then lower yourself slowly. If you have difficulties, use a [monster band for assistance](#).

#### INVERTED ROW\*

- Lower a bar (or rings) until it's about waist height.
- Lie down under the bar with your chest in line with it and grab the bar.
- With your hands shoulder width apart and pull yourself up until your chest reaches it.
- Slowly lower yourself but do not let your body touch the ground.



# EXERCISE DESCRIPTIONS //

## DECLINE PUSH-UP

- Place your feet on an incline (box, chair, couch etc.)
- Perform a push-up (like Incline Push-Up).

*\*These exercises require a pull-up bar. May also require a monster band.*

## SPECIFIC

### WALL PUSH-OFF

- Stand in front of a wall but give yourself enough distance to fall forward.
- Fall forward and once your hands reach the wall push yourself off back to the starting position.
- Gain balance and repeat.

### INCLINE PLYO PUSH-UP

- Same as Wall Push-Off but on an incline. The higher the incline the easier the movement.

### 1-ARM WALL PUSH-OFF

- Same as Wall Push-Off but with 1 arm at a time.

### 1-ARM INCLINE PLYO PUSH-UP

- Same as Incline Plyo Push-Up but with 1 arm at a time.

## TRUNK EXERCISES

### ANTI-ROTATION SERIES // 1

#### LOW PLANK

- Position your body parallel to the ground, supporting yourself with your elbows/forearms and toes.
- Make sure you're aligned from head to toe and hold this position by tightly contracting your entire body.
- No movement should occur throughout.

#### REVERSE LOW PLANK

- Position your body parallel to the ground while facing upwards. Support yourself with your elbows/forearms and heels.
- Make sure you're aligned from head to toe and hold this position by tightly contracting your entire body. Keep your hips straight.
- No movement should occur throughout.

#### LOW PLANK SIDE L

- Position your body on the ground on your side supporting yourself with your left elbow/forearm and the outside of your left foot.
- Make sure you're aligned from head to toe and hold this position by tightly contracting your entire body.

#### LOW PLANK SIDE R

- Same as Low Plank Side L but on the right forearm/elbow.

### ANTI-ROTATION SERIES // 2

#### HIGH PLANK

- Position your body parallel to the ground, supporting yourself with your hands and toes.



# EXERCISE DESCRIPTIONS //

- Make sure you're aligned from head to toe and hold this position by tightly contracting your entire body.
- No movement should occur throughout.

## **REVERSE HIGH PLANK**

- Position your body parallel to the ground while facing upwards. Support yourself with your hands and heels.
- Make sure you're aligned from head to toe and hold this position by tightly contracting your entire body. Keep your hips straight.
- No movement should occur throughout.

## **HIGH PLANK SIDE L**

- Position your body on the ground on your side supporting yourself with your left hand and the outside of your left foot.
- Make sure you're aligned from head to toe and hold this position by tightly contracting your entire body.

## **HIGH PLANK SIDE R**

- Position your body on the ground on your side supporting yourself with your right hand and the outside of your left foot.
- Make sure you're aligned from head to toe and hold this position by tightly contracting your entire body.

## **FLEX-EXTEND-ROTATE**

### **REVERSE HYPERS**

- Lay face down on the ground with your hands behind your head and fingers interlocked.
- Extend your back by trying to lift your chest as high off the ground as possible.
- Perform this in a controlled manner in both directions.

### **SIT-UP**

- Lie on your back with your knees flexed and feet firmly planted.
- With your arms in front of you, lift yourself fully up and touch the ground in between your legs.
- Slowly lower yourself and repeat.

### **RUSSIAN TWIST**

- Sit down while not allowing your legs and arms to touch the ground.
- Rotate your body from side to side touching the ground with your hands with each rep.

### **V-SIT**

- Lie face up on the ground with your arms behind you.
- Bring your arms and legs together in front of you while keeping both straight.
- Lower yourself without letting your arms and legs to touch the ground.

### **L-OVER**

- Lie face up on the ground with your arms extended to the sides and your legs straight up above you.
- Using your arms to keep your torso on the ground, allow your legs to drop from one side to the next.



## **PLANTED CRUNCH**

- Lie on your on the ground with your knees flexed, feet planted and arms extended straight up above you.
- Perform a crunch by lifting your chest off the ground and reaching up with your arms in front.

## **MOBILITY EXERCISES**

### **SUMO SQUAT**

- Squat down and wrap your hands around your toes, holding them firmly.
- Keeping your arms in between your legs and your hands secured around your toes, straighten your legs as much as you can.
- Squat back down and repeat.

### **LOW SIDE LUNGE**

- Place your hands behind your head, interlock your fingers and bring your feet together.
- Bend your knees (try to get your thighs parallel to the ground) and lunge to the side while staying low.
- Bring the other leg beside the leg that lunged out and repeat.

### **HEEL TO PELVIS**

- Stand upright and grab your heel/ankle.
- Pull your heel towards your pelvis feeling a stretch in your glutes.

### **SHOULDER CIRCLES**

- Perform 1 arm at a time slowly making large circles with your arms.
- Attempt to keep your arm as close to your body as possible.

### **HELICOPTER**

- Spread your legs out to the side.
- Bend forward and touch your toe with the opposite hand.
- Touch the other toe with the other opposite hand and repeat.

### **T ROTATIONS**

- Stand upright with your arms out to the sides (parallel to the ground).
- Rotate your torso from side to side without moving your arms from a fixed position.

### **CAT & CAMEL**

- Position yourself on all fours.
- Flex your back by creating a hump and look down at the same time.
- Extend your back and look up and behind yourself as far as you can. Repeat.

### **EAGLES**

- Lie on your back with your arms extended to the sides.
- Flip one leg across your body towards the opposite arm.
- Bring that leg back to it's starting position and then flip the other leg across your body to the other arm. Repeat.

### **SCORPIONS**

- Same as Eagles but lie on your stomach.

# PHASE 1 // WK 1 // LOAD

## WORKOUT 1

EXERCISE	REPS	SETS	SPEED
PRISONER SQUAT	10-15	1-2	C
INCLINE PUSH-UP	8-12	1-2	C
PRISONER GOOD MORNING	10-15	1-2	C
DIPS	10-15	1-2	C
GLUTE-HAM BRIDGE	12-15	1-2	C
ANTI-ROTATE // 1	TIME	SETS	SPEED
LOW PLANK	20-30s	1-2	ISO
REVERSE LOW PLANK	20-30s	1-2	ISO
LOW PLANK SIDE L	20-30s	1-2	ISO
LOW PLANK SIDE R	20-30s	1-2	ISO

## WORKOUT 2

EXERCISE	REPS	SETS	SPEED
PRISONER SQUAT	10-15	1-2	C
DECLINE PUSH-UP	8-12	1-2	C
1-LEG GLUTE-HAM BRIDGE^	10-15	1-2	C
PULL-UP	5-10	1-2	C
SIDE-LYING LEG RAISE^	12-15	1-2	C
FLX // EXT // ROT	REPS	SETS	SPEED
REVERSE HYPERS	10-15	1-2	C
RUSSIAN TWIST^	10-15	1-2	C
V-SIT	10-15	1-2	C
PLANTED CRUNCH	10-15	1-2	C
L-OVER^	10-12	1-2	C

## WORKOUT 3

EXERCISE	REPS	SETS	SPEED
PRISONER GOOD MORNING	10-15	1-2	C
INCLINE PUSH-UP	8-12	1-2	C
LUNGE FWD^	10-15	1-2	C
REVERSE PULL	5-10	1-2	C
GLUTE-HAM BRIDGE	12-15	1-2	C
ANTI-ROTATE // 2	TIME	SETS	SPEED
HIGH PLANK	20-30s	1-2	ISO
REVERSE HIGH PLANK	20-30s	1-2	ISO
HIGH PLANK SIDE L	20-30s	1-2	ISO
HIGH PLANK SIDE R	20-30s	1-2	ISO



# PHASE 1 // WK 2 // LOAD

## WORKOUT 1

EXERCISE	REPS	SETS	SPEED
PRISONER SQUAT	15-20	2-3	C
INCLINE PUSH-UP	10-15	2-3	C
PRISONER GOOD MORNING	15-20	2-3	C
DIPS	12-20	2-3	C
GLUTE-HAM BRIDGE	15-20	2-3	C
ANTI-ROTATE // 1	TIME	SETS	SPEED
LOW PLANK	20-30s	3-4	ISO
REVERSE LOW PLANK	20-30s	3-4	ISO
LOW PLANK SIDE L	20-30s	3-4	ISO
LOW PLANK SIDE R	20-30s	3-4	ISO

## WORKOUT 2

EXERCISE	REPS	SETS	SPEED
PRISONER SQUAT	15-20	2-3	C
DECLINE PUSH-UP	10-15	2-3	C
1-LEG GLUTE-HAM BRIDGE^	12-15	2-3	C
PULL-UP	5-10	2-3	C
SIDE-LYING LEG RAISE^	15-20	2-3	C
FLX // EXT // ROT	REPS	SETS	SPEED
REVERSE HYPERS	10-15	2-3	C
RUSSIAN TWIST^	10-15	2-3	C
V-SIT	10-15	2-3	C
PLANTED CRUNCH	10-15	2-3	C
L-OVER^	10-12	2-3	C

## WORKOUT 3

EXERCISE	REPS	SETS	SPEED
PRISONER GOOD MORNING	15-20	2-3	C
INCLINE PUSH-UP	10-15	2-3	C
LUNGE FWD^	15-20	2-3	C
REVERSE PULL	10-15	2-3	C
GLUTE-HAM BRIDGE	15-20	2-3	C
ANTI-ROTATE // 2	TIME	SETS	SPEED
HIGH PLANK	20-30s	3-4	ISO
REVERSE HIGH PLANK	20-30s	3-4	ISO
HIGH PLANK SIDE L	20-30s	3-4	ISO
HIGH PLANK SIDE R	20-30s	3-4	ISO

# PHASE 1 // WK 3 // DELOAD

## WORKOUT 1

EXERCISE	REPS	SETS	SPEED
PRISONER SQUAT	15-20	1-2	C
INCLINE PUSH-UP	10-15	1-2	C
PRISONER GOOD MORNING	15-20	1-2	C
DIPS	12-20	1-2	C
GLUTE-HAM BRIDGE	15-20	1-2	C
ANTI-ROTATE // 1	TIME	SETS	SPEED
LOW PLANK	20-30s	1-2	ISO
REVERSE LOW PLANK	20-30s	1-2	ISO
LOW PLANK SIDE L	20-30s	1-2	ISO
LOW PLANK SIDE R	20-30s	1-2	ISO

## WORKOUT 2

EXERCISE	REPS	SETS	SPEED
PRISONER SQUAT	15-20	1-2	C
DECLINE PUSH-UP	10-15	1-2	C
1-LEG GLUTE-HAM BRIDGE^	12-15	1-2	C
PULL-UP	5-10	1-2	C
SIDE-LYING LEG RAISE^	15-20	1-2	C
FLX // EXT // ROT	REPS	SETS	SPEED
REVERSE HYPERS	10-15	1-2	C
RUSSIAN TWIST^	10-15	1-2	C
V-SIT	10-15	1-2	C
PLANTED CRUNCH	10-15	1-2	C
L-OVER^	10-12	1-2	C

## WORKOUT 3

EXERCISE	REPS	SETS	SPEED
PRISONER GOOD MORNING	15-20	1-2	C
INCLINE PUSH-UP	10-15	1-2	C
LUNGE FWD^	15-20	1-2	X
REVERSE PULL	10-15	1-2	X
GLUTE-HAM BRIDGE	15-20	1-2	C
ANTI-ROTATE // 2	TIME	SETS	SPEED
HIGH PLANK	20-30s	1-2	ISO
REVERSE HIGH PLANK	20-30s	1-2	ISO
HIGH PLANK SIDE L	20-30s	1-2	ISO
HIGH PLANK SIDE R	20-30s	1-2	ISO

## PHASE 2 // WK 4 // INTRO

### WORKOUT 1

EXERCISE	REPS	SETS	SPEED
1-LEG SQUAT^	5-10	1-2	C
DECLINE PUSH-UP	8-12	1-2	C
NORDIC CURL	5-10	1-2	C
PULL-UP	8-10	1-2	C
JUMP SQUAT	8-10	1-2	X
ANTI-ROTATE // 1	TIME	SETS	SPEED
LOW PLANK	20-30s	1-2	ISO
REVERSE LOW PLANK	20-30s	1-2	ISO
LOW PLANK SIDE L	20-30s	1-2	ISO
LOW PLANK SIDE R	20-30s	1-2	ISO

### WORKOUT 2

EXERCISE	REPS	SETS	SPEED
LUNGE FWD^	10-15	1-2	C
WALL PUSH-OFF	8-12	1-2	X
LUNGE SIDE^	10-15	1-2	C
INVERTED ROW	5-10	1-2	C
LUNGE BWD^	12-15	1-2	C
FLX // EXT // ROT	REPS	SETS	SPEED
REVERSE HYPERS	15-20	1-2	C
RUSSIAN TWIST^	15-20	1-2	C
V-SIT	15-20	1-2	C
PLANTED CRUNCH	15-20	1-2	C
L-OVER^	10-15	1-2	C

### WORKOUT 3

EXERCISE	REPS	SETS	SPEED
PRISONER SQUAT	10-15	1-2	C
INCLINE PUSH-UP	8-12	1-2	C
1-LEG JUMP^	5-10	1-2	X
1-ARM WALL PUSH-OFF^	5-10	1-2	X
1-LEG GLUTE-HAM BRIDGE^	12-15	1-2	C
ANTI-ROTATE // 2	TIME	SETS	SPEED
HIGH PLANK	20-30s	1-2	ISO
REVERSE HIGH PLANK	20-30s	1-2	ISO
HIGH PLANK SIDE L	20-30s	1-2	ISO
HIGH PLANK SIDE R	20-30s	1-2	ISO

## PHASE 2 // WK 5 // LOAD

### WORKOUT 1

EXERCISE	REPS	SETS	SPEED
1-LEG SQUAT^	8-12	2-3	C
DECLINE PUSH-UP	8-12	2-3	C
NORDIC CURL	6-12	2-3	C
PULL-UP	5-10	2-3	C
JUMP SQUAT	10-12	2-3	X
ANTI-ROTATE // 1	TIME	SETS	SPEED
LOW PLANK	20-30s	3-4	ISO
REVERSE LOW PLANK	20-30s	3-4	ISO
LOW PLANK SIDE L	20-30s	3-4	ISO
LOW PLANK SIDE R	20-30s	3-4	ISO

### WORKOUT 2

EXERCISE	REPS	SETS	SPEED
LUNGE FWD^	12-15	2-3	C
WALL PUSH-OFF	10-16	2-3	X
LUNGE SIDE^	12-15	2-3	C
INVERTED ROW	6-12	2-3	C
LUNGE BWD^	12-15	2-3	C
FLX // EXT // ROT	REPS	SETS	SPEED
REVERSE HYPERS	15-25	2-3	C
RUSSIAN TWIST^	15-25	2-3	C
V-SIT	15-25	2-3	C
PLANTED CRUNCH	15-25	2-3	C
L-OVER^	10-20	2-3	C

### WORKOUT 3

EXERCISE	REPS	SETS	SPEED
PRISONER SQUAT	15-20	2-3	C
INCLINE PUSH-UP	10-12	2-3	C
1-LEG JUMP^	8-10	2-3	X
1-ARM WALL PUSH-OFF^	5-10	2-3	X
1-LEG GLUTE-HAM BRIDGE^	12-15	2-3	C
ANTI-ROTATE // 2	TIME	SETS	SPEED
HIGH PLANK	20-30s	3-4	ISO
REVERSE HIGH PLANK	20-30s	3-4	ISO
HIGH PLANK SIDE L	20-30s	3-4	ISO
HIGH PLANK SIDE R	20-30s	3-4	ISO

## PHASE 2 // WK 6 // DE-LOAD

### WORKOUT 1

EXERCISE	REPS	SETS	SPEED
1-LEG SQUAT^	8-12	1-2	C
DECLINE PUSH-UP	8-12	1-2	C
NORDIC CURL	6-12	1-2	C
PULL-UP	5-10	1-2	C
JUMP SQUAT	10-12	1-2	X
ANTI-ROTATE // 1	TIME	SETS	SPEED
LOW PLANK	20-30s	1-2	ISO
REVERSE LOW PLANK	20-30s	1-2	ISO
LOW PLANK SIDE L	20-30s	1-2	ISO
LOW PLANK SIDE R	20-30s	1-2	ISO

### WORKOUT 2

EXERCISE	REPS	SETS	SPEED
LUNGE FWD^	12-15	1-2	C
WALL PUSH-OFF	10-16	1-2	X
LUNGE SIDE^	12-15	1-2	C
INVERTED ROW	6-12	1-2	C
LUNGE BWD^	12-15	1-2	C
FLX // EXT // ROT	REPS	SETS	SPEED
REVERSE HYPERS	15-25	1-2	C
RUSSIAN TWIST^	15-25	1-2	C
V-SIT	15-25	1-2	C
PLANTED CRUNCH	15-25	1-2	C
L-OVER^	10-20	1-2	C

### WORKOUT 3

EXERCISE	REPS	SETS	SPEED
PRISONER SQUAT	15-20	1-2	C
INCLINE PUSH-UP	10-12	1-2	C
1-LEG JUMP^	8-10	1-2	X
1-ARM WALL PUSH-OFF^	5-10	1-2	X
1-LEG GLUTE-HAM BRIDGE^	12-15	1-2	C
ANTI-ROTATE // 2	TIME	SETS	SPEED
HIGH PLANK	20-30s	1-2	ISO
REVERSE HIGH PLANK	20-30s	1-2	ISO
HIGH PLANK SIDE L	20-30s	1-2	ISO
HIGH PLANK SIDE R	20-30s	1-2	ISO

## LEGEND // INFO

EXPLOSIVE	X	# OF REPS PER SIDE	^
CONTROLLED	C	REST BTWN EXERCISES	< 30s
ISOMETRIC // NO MOVEMENT	ISO	REST BTWN SETS	120-240s