

Suggested strength Tennis Training Sessions using Dyna-Band® exercises taken from the Train for Tennis Instructional DVD

Aim to complete 12-15 reps, building up to 2 sets.
For shorter sessions split list in half

1. Shoulders, Arms & Legs using handle and ankle cuff

Front arm raise (*rotator cuff*)
Side arm raise (*rotator cuff*)
Bicep Curl
Elbow Flexion (*for front of forearm*)
Wrist Curl (*forearm*)
Wrist Extension (*forearm*)
Gluteal squeeze (*bottom*)
Thigh abduction (*outer thigh & hips*)
Thigh adduction (*inner thigh & hip*)
Knee raises (*strengthens hip flexor*)
Hamstring curl in (*back of thigh*)
Quad extension



2. Practice shots: shoulders arms core using racket wrist cuff & handle



Forehand (*arms, forearm, shoulder & wrist*)
Backhand (*arms, forearm, shoulder & wrist*)
Serve (*shoulder & back*)
Volley forehand/back hand with/without ball
Trunk rotation
Shoulder extension/ tricep kick back with straight arm
Diagonal pull down (*shoulder & trunk muscles*)
Forehand & Forehand volley with band around leg and wrist

3. Shoulders/arms/legs/abs & ankles using just the band



Double arm pull
Bilateral External Rotation
Shoulder shrugs
Shoulder shrugs with rotation
Squats with bicep curl
Double arm Tricep kick back
Reverse curl
Calf strengthener
Inner ankle
Outer ankle

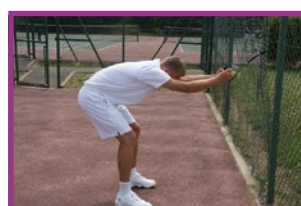
4. Shoulder/chest/back/abs using handle & assist strap

Internal Rotator Cuff
External Rotator cuff
Internal Rotation (*with 90° of shoulder abduction*)
External Rotation (*with 90° of shoulder adduction*)
Shoulder Girdle control
Chest fly & Chest Press
Standing Row, elbows in and out
Standing reverse fly
Pull Down
Oblique twist
Curl up



5. Stretching routine using the handle & band

Torso/hip/upper body rotators: (*Whole body stretch*)
Upper Back and side of shoulder
Mid back and back of shoulder
Chest and front of shoulder
Low Back



Rotator cuff (a)
Rotator cuff (b)
Tricep Stretch (*Back of arm*)
Adductor Stretch (*Inside Thigh*)
Quadricep Stretch (*Front of Thigh*)
Hamstring and Calf Stretch