



Presents

Maximizing Your Work Outs



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INTRODUCTION

Congratulations! If you are reading this then you must be ready to improve your tennis game through a fitness program that will get the results you're looking for. Keep in mind that most tennis players will not do what you're about to pursue as it is only for those that are truly dedicated to improve their game and overall fitness.

More than likely, you are exerting a lot of energy into your work and family. Working out can easily be put on the bottom of your priority list. This is where efficiency of time is of high value. The workouts you have been introduced to have been designed through years of my own experiments coupled with interviews from fitness gurus who have trained a wide range of athletes; including Olympians, professional athletes, college/high school athletes and of course, tennis players. These "best practices" will allow you to stay in great condition for tennis matches and hopefully give you the confidence to know that your preparation will allow you to stay strong for the entire match.

For those that want a workout plan that is rigorous with variety, this is for you. Remembering, "movement is movement" allows for exercises that work for one sport to be used for another. For example, the movement required in basketball goes hand in hand with tennis. Both require vertical and horizontal explosive movements. What you will see in the next pages are opportunities for you to push yourself in dynamic movements that will provide you with an opportunity to always find a challenge. Please keep in mind that any movement listed, especially with weights, will cause injury if done with improper form or by engaging the wrong parts of the body to perform them. Please confirm with me on any movements you are not sure of.

EXERCISES

It is worth mentioning that the intensity of your workouts will determine your degree of success. Tennis player Andre Agassi once said, "I would rather have an intense workout for ten minutes than just going through the motions at the gym for an hour." With that said, you can get a great workout in even less than ten minutes! To increase your intensity level, try to schedule your workouts at a time of day when you have the most energy. If the times conflict with work or other daily necessities, you can do other things to get your energy level up. Caffeine is a source of energy that many athletes use to get them going. You can find this in diet sodas, teas and coffee. I would avoid energy drinks because of the excess number of stimulants.

As always, make sure you consult a doctor if you have any health concerns, especially involving the heart.

The exercises that are part of this workout plan do not isolate a muscle group, instead they target multiple muscle groups, making it easier to get an efficient workout in less time. But efficiency can only benefit individuals when their form is correct. Flawed form can result in poor results and even serious injury so be sure to check out videos on each exercise.

To help those that do not own a gym, you will see most exercises can be done without weights. Go through the list and write down that ones that you feel you are capable of doing and have the equipment to do so.

| Stretches | Core (Stomach, Hips and Glutes) | Shoulders and Wrists | Back Exercises | Chest and Arms | Leg Exercises | Full Body | Explosive and Tennis Movements |
|--|--|---|--|--|---|--|---|
| Lower back and Hamstring Stretch | Ab Roller | Alphabet with light weight | Using TRX Bands | Clapping Pushups | Backward Lunge | Burpee Pullups | One Legged Landing Box Jump |
| Calf and Achilles Stretch | Side Shuffles with Bands | Lateral Raises with Dumbbells | Lat Pull Down with TRX Bands | Chest Exercises with TRX Bands | Bent Over Row | Burpees | One Legged Long Jump |
| Chest Stretch | Glute Bridges | Rotator Cuff | Pull Downs with Bands | Pushup with Bands | One Legged Deadlift (with band) | Burpees with Dumbbells | One Legged Small Hops |
| Sitting Hamstring and Lower Back Stretch | Knee Tuck with TRX Band | Snow Angels | Pullups Variations | Triceps | Hamstring Curl | Kettlebell Swings | One Legged Box Jumps |
| Hamstring and Calf Stretch with Band | Isometric Holds | Cross Over Symmetry V1 | Superman | | Jumping Lunges | One Armed Snatch | Side Shuffles |

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|--|--|--|----------------------------|-------------------|--|-----------------------------------|--|
| Cobra Stretch (lower back) | Balancing Ball Exchange | Cross Over Symmetry V2 | Upper Back | | Jumping Squats | Renegade Rows | Box Jumps |
| Cat and Cow Lower Back Stretch | Monster Walks with Bands | | | | Goblet Squat | Slam Balls | Rotational Movement with Medicine Ball |
| Pigeon Stretch | Plank Variations | | | | One Legged Deadlift with Dumbbells | | |
| Using a Foam Roller | Stomach Twist V1 | | | | One Legged Lunge | | |
| Scarecrow Stretch | Stomach Twist V2 | | | | One Legged Squat | | |
| Shoulder Stretch with PVC Pipe | Shoulder Touches | | | | Overhead Squats | | |

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|---|---------------------------------------|-------------------------|----------------|-------------------|-------------------------------------|-----------|--------------------------------------|
| Ankle Mobility Test | | | | | Step Ups | | |
| Hip Mobility Test | | | | | Side Lunge | | |
| | | | | | Split Squat | | |
| | | | | | Thrusters | | |
| | | | | | Turkish Get Ups | | |

FORMAT

Other than mastering correct form, the tricky part of building a successful workout plan is developing the right combinations of exercises to maximize your results. I have plenty of templates that allow you to plug in any set of exercises you want. If you do multiple exercises in your workout, try to have a mix of exercises that require weights and some that do not. If you do not have the weights needed for some the exercises, you can always do the exercises that do not require weights. Either way, you will be guaranteed a good workout. Below are the different ways to make your own unique workouts. Simply plug in any exercises and try it out.

Important: The warm-up is just as important to avoid injury. Make sure you do some basic movements like a light jog or jump rope. You should be starting to sweat before your actual workout. The main rule is that the shorter and more intense the workout, the longer your warm- up should be. Also attend to the parts of the body that are tight through stretching that you have identified while working on mobility.

| Format | Explanation | Example |
|-----------------------|--|---|
| Count down | Pick 2 – 4 exercises and do each of them 10 times. Then do each of them 9 times. Then 8 all the way down to 1. You can also vary it by doing one exercise starting at 10 reps and going down to 1 and the other exercise starting at 1 rep and going up to 10. | Exercises: Push-ups and body weight dead lifts (how much you weigh is how much you would deadlift). Format: 10 pushups and 10 BW (body weight) deadlifts, 9 pushups, 9 BW deadlifts down to 1 of each OR 10 pushups and 1 BW deadlift, 9 pushups, 2 BW deadlifts down to 1 and up to 10. *You can do this with different numbers of reps per round such as: 21 – 15 – 9 (21 reps of all exercises, then 15 reps of all exercises and then 9 reps of all exercises). Others include: 40-30-20-10 and 21-18-15-12-9-6-3 |
| Time limits of rounds | Do a certain amount of reps for 2-5 exercises and repeat for a certain amount of time. | Exercises: Pushups, setups and air squats. Format: 5 pushups, 10 sit-ups and 15 air squats. Repeat as many times as possible for 20 minutes. |

| | | |
|---------------------------------|---|--|
| One on the minute, every minute | Do an exercise (or two) every minute and keep adding a rep for every extra minute. Go as far as you can go. | Exercise: Clean and squats: 100lbs (pick any weight or just use a broomstick) Format: 1 clean and squat during the 1st minute, 2 clean and squats during the 2nd minute, 3 clean and squats during the 3rd minute. Go as far as you can go! |
| Pick a target amount | Pick an exercise and a certain amount of reps of that exercise. Time it and every minute stop doing that exercise and do 3-5 reps of something else (usually body weight) before continuing on with the original exercise until you finish. | Exercises: Thrusters and burpees or mat: Do 50 thrusters but every minute you have to do 5 burpees until you get to 50 thrusters. A watch is handy for this one. |
| Make up rounds | Similar to the time limit format except make it a certain number of rounds like 3 or 5 or even 10. | Exercises: Pull-ups, wall ball and box jumps or mat: 5 rounds of 10 pull-ups, 15 wall balls, 20 box jumps. Time it and see how fast you can do it in! |
| Deck of Cards | Pick 4 exercises. Each exercise is a suit. The number tells you how many reps (Face cards are 10 and aces are 1 or 15). Go through the deck as fast as possible. **Can be done with a friend to share the deck and load! | Exercises: Clean and Jerk (95 lbs), sit-ups, pushups and dips F or mat: Clean and jerk will be spades, sit-ups will be clubs, pushups will be diamonds and dips will be hearts. Go through the deck as fast as possible. |
| Max Reps at Timed Stations | Pick 3-4 exercises. For each one, do as many as possible until fail. You have 30 seconds to go to the next exercise and do the same thing. Once you are done with all the exercises, take a few minutes for a break and do it again for 2 to 5 more rounds. | Exercises: Body weight bench, body weight back squat and pull-ups or mat: Do as many bench presses as possible. Rest 30 seconds. Do as many reps of back squats. Rest 30 seconds. Do the same for pull-ups. Rest for 2 minutes and repeat for 2 more rounds. |

RECOVERY

Once you get started, you may feel a bit sore. This is normal. Your body will recover and adapt to the new movements you are doing. To speed up your recovery, make sure you get as much sleep as possible. Your body will tell you how much J The more you exercise and eat well, the more you will be attuned to what your body needs with rest and recovery. Also, there are a number of important stretches that will help with your recovery and prevent future injuries.

Also, you have about a 30-minute window after your workout where your body will absorb the needed carbohydrates the fastest. Many like to have something sweet with their protein such as a spoonful of peanut butter with some jelly or a banana. Also, a protein drink (whey protein with almond milk or regular milk along with anything you want such as pineapple or mangos) will suffice.

CHARTING PROGRESS

Simply writing your numbers down is a way for you to gain motivation as you see your gains throughout the weeks you do your workouts. The numbers I am referring to is a bit different than normal. In these workouts, the weight you use (unless you are using body weight exercises), the numbers you chart will be the times you do the workouts. As described under format, the workouts are designed for intensity, so doing them as fast as possible is part of the plan. By charting these times, you have something to shoot for when you try it again in the future. Use the chart below to help you chart your progress. (I filled out the first row as an example for you).

| Date | Workout | Time | Details |
|---------|--|-------|--|
| 1/11/21 | 10...9...8...7...to 1 of: 95lb thruster burpees | 15:33 | Had to stop at 5 reps for 30 seconds before continuing. Tough workout! |
| | | | |