

1. Pulse Raiser 06000



TREADMILL/BIKE/ROWING MACHINE/JOG OUTDOORS
10 minutes, include 5 bouts of 30 second sprints

2. Yoga 02502



START POSITION FOR THE SUN SALUTATION.
BREATHE IN, REACHING OVERHEAD, BREATHE OUT AND REACH FOR THE TOES

3. Yoga 02554



STEP BACK WITH THE RIGHT LEG IN TO LUNGE POSITION. KEEP THE BACK LEG LOCKED AND HIPS SQUARE

4. Yoga 02508



LEFT LEG BACK TO JOIN IT AND PUSH BACK WITH HIPS HIGH IN TO DOWNWARD DOG POSITION. MAKE SURE YOU PUSH BACK THROUGH YOUR HANDS, LOCKING THE LEGS OUT AND PUSH THE HEELS TOWARDS THE FLOOR

5. Yoga 02507



KNEES TO THE FLOOR AND SIT BACK ON THE HEELS

6. Yoga 02514



FORWARD ON TO THE STOMACH AND UP ON THE HANDS ARCHING YOUR SPINE AND LOOKING TO THE CEILING. KEEP THE FRONT BUMPS OF YOUR HIPS ON THE FLOOR

7. Yoga 02508



STRAIGHT BACK IN TO DOWNWARD DOG. KEEP THE HIPS HIGH

8. Yoga 02554



STEP THE RIGHT LEG FORWARD IN TO LUNGE POSITION. KEEP THE BACK LEG LOCKED AND HIPS SQUARE

9. Yoga 02502



LEFT LEG FORWARD TO JOIN THE RIGHT, BEND THE KNEES, BREATHE OUT AND LOCK THE LEGS. STAND UP IN THE STARTING POSITION
REPEAT FULL SEQUENCE AGAIN

10. Yoga Lunge Sequence 1 06000



START IN LUNGE POSITION WITH THE HANDS ON THE FLOOR AND THE BACK LEG LOCKED. KEEP THE HIPS SQUARE

11. Yoga Lunge Sequence 2 06000



OPEN OUT WITH THE SAME HAND AS THE FRONT LEG. LOOK AT THE HAND, KEEP THE BACK LEG LOCKED

12. Yoga Lunge Sequence 3 06000



DROP THE ELBOW TO THE INSIDE OF THE FRONT LEG, SINK DEEPER IN TO THE STRETCH

13. Yoga Lunge Sequence 4 06000



STRAIGHTEN THE FRONT LEG, KEEP THE HIPS SQUARE AND THE FINGER TIPS ON THE FLOOR

14. Yoga Lunge Sequence 5 06000



BEND THE BACK KNEE AND BRING THE BODY UPRIGHT.
ARMS OUT TO THE SIDE, ROTATE ACROSS THE FRONT KNEE, THEN STRAIGHTEN

15. Yoga Lunge Sequence 6 06000



STAND STRAIGHT IN TO STORK POSITION WITH GOOD BALANCE AND CORE STABILITY

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.

16. Yoga 02576



STRAIGHT LEG SIT UPS
5 secs UP, SIT TALL AND STRETCH DOWN, SIT TALL 5 secs DOWN
REPEAT 5 TIMES

17. Side prone stabilization 00953



PLANK SEQUENCE - 90secs
VARY BETWEEN RIGHT AND LEFT ARM OUT, RIGHT AND LEFT HAND SIDE, RIGHT AND LEFT LEG UP

18. Rotation hip flexion 04701



30 TWISTING SIT UPS

19. Sit up 04868



NO REST
30 TOE TOUCHES

20. Push up rotation 04794



PUSH UP SEQUENCE: OPEN OUT, KNEE TO CHEST, FOOT UP, LEGS WIDE ARM UP,
KNEE TO ELBOW AND (IF STRONG ENOUGH) KNEE THROUGH OTHER SIDE.
PAUSE AT FLOOR FOR EACH SIT UP

21. Bridging 00370



FIRE CORE MUSCLES, BRIDGE UP UNTIL YOU FEEL GLUTES FIRING, PAUSE AT TOP
FOR 5secs.
REPEAT 20 TIMES

22. Band rotator cuff-ER 00581



SET SCAPULA, ELBOW IN TO SIDE
2x15 REPS EACH HAND, INTERNAL/EXTERNAL ROTATION

23. Band rotator cuff-ER 03776



SET SCAPULA, ELBOW RAISED 90 DEGREES
2x15 REPS EACH HAND, INTERNAL/EXTERNAL ROTATION

15 MINUTES OF EITHER REACTIVE SPEED USING TENNIS BALLS, SPEED AGILITY USING THE COURT MARKINGS OR TENNIS
SPECIFIC SPEED WITH THE COACH FEEDING THE TENNIS BALL