

Program Overview

TRX® Performance: Tennis is a Suspension Training® program that will improve fitness and performance for the recreational and competitive player.

The program consists of 13 TRX exercises with cardio drill intervals. The first half of the program will improve strength and mobility of the shoulder. The second half will improve strength, speed, power and agility during court play.

Prerequisites

This program is designed for healthy individuals. All users should be able to maintain good body alignment and technique throughout each exercise.

Program Instructions

Focus on form and technique when performing exercises 1-6. Do not overtax or fatigue the muscles. Perform exercises 7-13 as quickly as possible without sacrificing form.

How/When to Progress

When starting the program, perform one set of 10-12 repetitions of each exercise. As your fitness and technique improve, add additional repetitions and sets, or try to increase the range of movement of each exercise. These changes will help your body adapt as it gains more strength, control and flexibility.

Breathe smoothly throughout the workout. Inhale before beginning each exercise and exhale while doing the exercise.

Recover at least one day before repeating the same exercises. Rest enough so that your performance improves with each training session.