

# INNERCITY TENNIS DAILY WORKOUTS: WEEK 1

## BODY WEIGHT CIRCUIT

Do 3 - 4 circuits, 10 seconds rest between exercises, 30 seconds between circuits.

- Squat jumps x 20
- Push-ups x 12  
(knee push-ups if struggling)
- Walking lunges (24 total, alternating)
- Dumbbell rows (10 - 12 reps each)  
Use a gallon water/milk jug or any weight with a comfortable handle
- Plank 45 seconds
- Jumping jacks 40 reps

## FULL BODY CIRCUIT TRAINING

Repeat the circuit 3 times. 6 seconds between exercises, 30 seconds between circuits.

- Single-legged squat (10 each leg)
- Body weight squats (20 reps)
- Walking lunges (20 total)
- Step ups (20 total)  
Use a couch, a chair or an ottoman
- Push-ups with elevated feet (12 total)
- Commandos (12 total)
- Chair/table dips (12 total)

## CIRCUIT TRAINING (LEGS + CORE)

Repeat the circuit 3 times. 6 seconds between exercises, 30 seconds between circuits.

- Switching jumping lunges (30)
- Mountain climbers (40)
- Weighted V - ups (12)  
Use any weight under 10 lbs
- Side plank 30 sec each side
- Squat jumps 12
- Russian twist (20 reps)  
Weight up to 10 lbs

## KILLER LADDERS!

Go to failure, rest and continue.

Goal: finish both ladders with no time limit.

Roughly 100 reps total

- Push-up ladder to 10 and back to 1  
You do 1 push-up, then 2, then 3, then 4 and all the way to 10 and back down to 1
- Burpee ladder with no push-up to 10 and back to 1

## CIRCUIT TRAINING

Repeat the circuit 3 times. 6 seconds between exercises, 30 seconds between circuits.

- Squat jumps jump from 2 feet, land on 1, hold balance (20 total)
- Diamond push-ups x 6 - 10
- Bicycle sit ups x 20
- Wall sits with overhead raises x 16  
(weight up to 10 lbs)
- Leg raises
- Plank on your palms (60 - 90 secs)

## CIRCUIT TRAINING

Repeat the circuit 3 times. 6 seconds between exercises, 30 seconds between circuits.

- High knees x 50
- Fast feet with slow motion arm movements 30 secs
- Boat holds 30 secs
- Bench dips x 15
- Superman plank x 16
- Wall sits with overhead raises x 15  
(up to 10 lbs)

## CIRCUIT CARDIO TRAINING

No rest between exercises. 90 seconds rest between circuits. Goal: repeat the circuit 2 - 3 times.

- High knees 30 secs
- Squat jumps 20 secs, then march in place for 10 seconds. Repeat x 2
- Mountain climbers 20 secs, then march in place for 10 seconds. Repeat x 2
- Burpees for 20 secs (with a push-up), then march for 10 seconds. Repeat x 2
- Alternating jump lunges for 20 secs, then march in place for 10 seconds. Repeat x 2
- Sprint in place 30 seconds

If you're not sure what the exercise is, a basic Google search should help.