

INNERCITY TENNIS DAILY WORKOUTS: WEEK 2

FULL BODY BURNOUT CIRCUIT

3 rounds, rest as needed.
Keep the heart rate high!

- Burpees with push-up x 20
- Mountain Climbers x40
- Russian Twist x30
- Chest push-ups (hands wider) x10
- Explosive squat jumps x12
- Switching lunges x20

CORE KILLER CIRCUIT

3 rounds, 10 seconds between exercises,
90 seconds between rounds.

- Superman plank x20
- Sit ups x25
- Back Extensions with 1 sec. hold x12
- Bicycle crunches x25
- Plank 45 sec
- Side Plank 45 sec each side

OUTDOOR CARDIO DAY

- Warmup 1 mile run, a light jog.
- Interval run, 10 seconds jog, 5 second sprint. Total of 5 minutes.
- 30 yard sprints x6.
Explosive sprint, rest 1 minute.
- Cool down and Stretching

FULL BODY CIRCUIT

3 rounds, 10 seconds between exercises,
1 minute between rounds.

- Squats x15
- Push-ups x10
- Switching lunges x20
- Jumping Jacks x30
- Sumo Squats (Wider stance) x10
- Elevated Pushups x 8-10

HIIT DAY

Circuit 1 – Repeat 2x

- Froggers 45 secs
- Rest 15 secs
- High knees 45 secs
- Rest 15 secs

Circuit 2 – Repeat 2x

- Push-up to side plank 45 secs
- Rest 15 secs
- Wall sit 45 secs
- Rest 15 secs

Circuit 3 – Repeat 2x

- Squat Jumps 45 secs
- Rest 15 secs
- Inchworms 45 secs
- Rest 15 secs

LEG STRENGTH AND BALANCE X3

10 second shake off between sets,
90 seconds between circuits.

- Single legged squats x8 each side
- Bulgarian lunges x10 each side
- Squat jumps, jump from 2, land on one x16
- Wall sits 45 secs
- Single legged lean overs x30
- Skaters x20

UPPER BODY & CARDIO BLAST

No break in between exercises, 60 second break between rounds. 3 rounds.

- Jumping jacks x25
- Walking push-ups 12 alternating
- Running in place (80% pace) 20 secs
- Diamond push-ups x6-8
- High knees x40
- Wall assisted hand-stand 45 secs

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