

# INNERCITY TENNIS DAILY WORKOUTS: WEEK 3

## CARDIO CIRCUIT X3

Rest 60-90 seconds between rounds

- Jumping jacks x30
- Skaters x20
- Butt kickers x40
- Burpees x12 with pushup
- Mountain climbers x30
- Plank for 1 minute

## UPPER BODY GAINZ

Rest 60-90 seconds between rounds

- Push-ups x12-15
- Dumbbell rows (use a dumbbell or milk/water mjug x12 each side)
- Arms elevated push-up x15 (put hands on a chair or low table)
- Overhead raises (dumbbell or milk jug)
- Diamond push-ups x8-10
- Side plank x45 sec each side

## LOWER BODY KILLER

- Jump squats x12
- Alternating jumping lunges x30
- Wall sit x45 seconds
- Pistol squats x8 each leg
- Sumo walks x10 completed steps to each side
- Calf extensions x40

## JUMP ROPE INTERVAL TRAINING

- 5-7 minutes of dynamic stretching
  - Jump rope warm up x150
  - Jump rope x10 minutes:
    - 20 seconds light jump
    - 10 seconds 90-100% acceleration
- Complete 10 minutes of these alternating intervals without stopping.
- Cooldown and stretching

## FULL BODY TABATA

20 seconds on, 10 seconds off  
Repeat 8 rounds

- Jumping jacks
- Sit-ups
- Push-ups
- Squats
- Plank
- V Sit-ups
- Bicycle crunches
- Russian twists

## CORE SWEET CORE X3

10 seconds between sets  
1 minute between each round

- Commandos x15
- Crunches x15
- Sit-ups x15
- V-ups x15
- Back extensions x15
- Bicycle crunches x15

## REST DAY

- Optional 1 mile light jog or walk with static stretching afterwards.
- Drink lots of fluids and rest!

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