




TRAINING PROGRAM:
RACQUET SPORTS CONDITIONING PHASE 1 OF 3


The FreeMotion Fitness Racquet Sports program will functionally train the body for increased power, balance and agility. The first phase in this three-part series will begin to help build a foundation of core strength to effectively train for the following phases.




Warm-up: Foam Roll IT-Band
Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.




Warm-up: Foam Roll Piriformis
This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.




Warm-up: Foam Roll Adductors
This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds in this warm-up.




Warm-up: Foam Roll Lats
By warming up the large muscles of the back, you will increase flexibility. Hold the stretch on each side for a minimum of 45 seconds.




Warm-up: NordicTrack Incline Trainer or Treadmill Cardio
Five minutes of brisk walking at 2.5 - 3.5 miles per hour will increase heart rate and enhance blood flow to prepare muscles for exertion.



Warm-up: Wall or Stationary Object Flexibility / Pec Stretch
The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.




Warm-up: Floor Flexibility / Adductor Stretch
The Adductor Stretch will stretch and lengthen the muscles on the inside of your upper thigh. By holding this stretch for 30 seconds or more on each leg, your muscles will be warmed up sufficiently for the workout.




Warm-up: Floor Flexibility / Kneeling Hip Flexor
The Kneeling Hip Flexor Stretch will stretch and loosen up the hips for increased range of motion and injury prevention. Stretch each side for at least 30 seconds.




Warm-up: Floor Flexibility / Piriformis Stretch
This stretch lengthens the hips and lower back muscles to loosen them up, preventing injury in twisting movements. Stretch and balance on each leg for a minimum of 30 seconds.




Core & Balance: FreeMotion Cable Cross Two Arm Cable Rotation
The Cable Rotation primarily focuses on the obliques, but also incorporates the use of muscles throughout the mid-section, arms and shoulders. Vary the speed of the rotation as well as the amount of weight on the stack. Begin with 3 sets of 12 reps and progress upward as they become easy to complete.




Core & Balance: FreeMotion Abdominal Abdominal Crunch with Rotation
The One Arm Abdominal Crunch with Rotation primarily works the obliques, but also the entire midsection. Performing them while standing will help reduce stress on the neck and back. Start with 3 sets of 12 reps.




Core & Balance: Floor Lunges
Lunges work the large muscles of the lower body and builds strength in the knees to help prevent injury and improve balance. You can perform the lunges with, or without, dumbbells. Start with 3 sets of 12 lunges before adding more weight.




Speed & Agility: Floor Box Drill (4 cones 5 - 10 yards apart)
The Box Drill will improve your quickness and agility. Start in the center of your cones and sprint diagonally to the top left cone and touch it. Sprint sideways to the right, touching it before backing up to the cone behind. Once you've touched the cone, sprint sideways to the final cone on your left. Begin with 3 sets with 30 seconds of rest between sets.




Strength: FreeMotion Chest Standing Alternating Arms Chest Press
The Standing Alternating Arms Chest Press works the chest muscles as well as incorporating the muscles of the trunk and spine to help balance. Start with 3 sets of 12 reps and add additional weight and sets as the workout weeks progress.




Strength: FreeMotion Row Standing Alternating Arms Row
The Standing Alternating Arms Row will help to strengthen your large back muscles in addition to your shoulders, arms and core. Begin with 3 sets of 12 reps and progress weekly.



Strength: FreeMotion Shoulder Standing Alternating Arms Shoulder Press
The Standing Alternating Arms Shoulder Press works the muscles of the shoulder and further incorporates core muscles. Start with 3 sets of 12 reps and alternate your speed and intensity.



Strength: FreeMotion Step Two Arm Step-Up to Balance
The Step-Up Balance stabilizes as it strengthens. The movement requires you to balance from left to right as you extend up and down from the step. Increase the height of the step to increase the intensity of the workout. Start with 3 sets of 12 reps for the first week.



Cool-down: NordicTrack Incline Trainer or Treadmill Cardio
Five minutes of brisk walking at 3.5 - 4.5 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.

