




**TRAINING PROGRAM:**
**RACQUET SPORTS CONDITIONING PHASE 3 OF 3**


The FreeMotion Fitness Racquet Sports program will functionally train the body for increased power, balance and agility. The exercises in this third phase will help build optimal functional strength for performance in racquet sports.




**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.




**Core & Balance: FreeMotion Lift Two Arm Cable Lifts**  
The Two Arm Cable Lift uses the large muscles in your lower back. In addition to strengthening key muscle groups, the Cable Lift also provides additional stretch to your back and hamstrings. Begin with 3 sets of 10 reps.




**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.




**Strength: Floor Front & Side Lunges**  
The Front and Side Lunges not only build strength in the large muscles of the lower body, but help to increase stability and balance in multiple planes. Begin with 3 sets of 10 reps as you alternate from front lunges to side lunges.




**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.




**Speed & Agility: Floor LEFT Test (2 cones 10 yards apart)**  
Set two cones 10 yards apart, and then sprint sideways touching each cone 10 times. The benefit will be improved speed and agility. Begin with 3 sets of 10 reps per side.




**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.




**Strength: FreeMotion Cable Cross Front Lunge & Two Arm Chest Press**  
The combination Front Lunge and Two Arm Chest Press strengthens your legs, back, chest and trunk. Your stabilizer muscles will also be activated in order to hold the lunge position as you perform an unsupported chest press. Begin with 3 sets of 10 reps.




**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.




**Strength: FreeMotion Lift Two Arm Cable Squat to Row**  
Several large muscle groups are strengthened with the Cable Squat to Row. Your upper legs, back, shoulders and arms are exercised with this movement. Increase the intensity by adding more weight as the initial 3 sets of 10 reps becomes easy to complete.




**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.



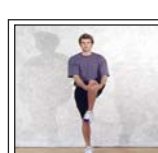
**Strength: FreeMotion Shoulder Back Off Pad One Arm Shoulder Press**  
The Seated One Arm Shoulder Press with your back off the pad will help to strengthen your shoulder muscles in addition to your back, arms and core. Begin with 3 sets of 10 reps and progress weekly.




**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.




**Strength: FreeMotion Squat Squats**  
The Squat uses the large muscle groups in your lower body. As you lower and raise your body, you are working your thighs, hips, back and shoulders. Begin with 3 sets of 10 reps. Rest for 30 seconds between sets.




**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.



**Strength: Plyo Box Side Power Step-Up**  
The Side Power Step-Up exercise strengthens your leg and hip muscles. Add in the movement pattern from side to side, and you increase your power in multiple planes of movement. Complete 3 sets of 10 reps as quickly as possible to maximize your workout.



**Core & Balance: FreeMotion Cable Cross Two Arm Push-Pull**  
The Two Arm Push-Pull strengthens your arms, shoulders, back, oblique and trunk in a dynamic exercise. Your torso rotates as you push and pull, thus activating your core muscles. Start with 3 sets of 10 reps.



**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.

