

1. Backward skipping 01445



Reps x Sets: 2 x 1  
(1 Rep = Width of tennis court)

2. Forward backward jumps 05317



Reps x Sets: 20 x 1  
(1 Rep = Forwards & backwards jump over baseline)

3. Backward hopping 01447



Reps x Sets: 15 x 1 on each leg  
(1 Rep = Backwards hop)

4. MB throw acceleration 00426



Reps x Sets: 8 x 1 to each side  
(1 Rep = Throw, turn and run)

5. Shuffle acceleration 00275



Reps x Sets: 6 x 1 on each side  
(1 Rep = Shuffle, reach and run over hurdle)

6. Dynamic lunge jumps 01527



Reps x Sets: 15 x 1 to each side  
(1 Rep = Lunge back and return to start position)

7. Lunge shoulder rotation 02125



Reps x Sets: 6 x 1 on each leg  
(1 Rep = Lunge, press up and rotate, forwards and backwards)

8. Diagonal lunge MB press 05043



Reps x Sets: 10 x 1 on each side  
(1 Rep = Diagonal lunge, extend arms and return to start position)

9. Agility 05847



Reps x Sets: 6 x 1  
(1 Rep = From baseline to service line 'T' to baseline)

10. Agility 05842



Reps x Sets: 3 x 1  
(1 Rep = Run to & from all lines across width of tennis court)