

PREPARE

These exercises will PREPARE your body for the following exercises AND/OR for an on-court serving training session.

1. Band rotator cuff-IR 00585



This exercise is perfect for stabilising the shoulder through the internal rotation phase of the service action. Difficulty = 3 out of 10.

2. Overhead squat 00125



use a broom handle or hold the ends of your racket.
Aim to keep the bar above your head.

STRENGTHEN

These exercises will STRENGTHEN the movements and muscle groups that you need to successfully serve. The weight of the medicine ball (or dumbbell) should not exceed 10% of your total body weight. Choose a weight that challenges you without compromising technique.

3. Squat jumps 01315



This is an excellent exercise for developing the leg drive of the serve.

4. MB squat shoulder press side bend 00469



Remember to put your brakes on to stop the ball making you lose your balance. Great exercise for strengthening the shoulder over shoulder phase of the serve.

5. MB throw 03835



Aim to perform as many repetitions as possible within the 60sec.
Minimise the amount of time the ball is in your hands.

BALANCE

The exercises could be considered the most important of all. These will BALANCE out the repetitive actions performed during serves. Too many repetitions of the same action (e.g., backhands) without countering with balancing exercises can ultimately lead to an injury.

6. Band rotator cuff-ER 03776



The difficulty of the exercise should feel approximately 3 out of 10.

7. Back extension arm-leg raise 01222



The difficulty of the exercise should feel approximately 4 out of 10.

STRETCH

Follow these exercises to lengthen out your muscles after all the contractions they have performed. Allow a little more stretch on each relaxing outbreath. Hold position for a minimum of 40sec.

8. Lat dorsi stretch 02662



This essential stretching of the lats often overlooked after serving.