



Name :Anshu

Sport : tennis

2 week /1, 2 and 3 days Anshu workout plan

1st day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	Shoulders rotation in and out	4	3	20	more mobility and more strengthening for the shoulder	allows the shoulder for a range of motion
2	Scapula retraction	4	3	15	helps on improving on frame of the back	strengthening
3	thoracic reaching	4	3	12	mobility increase for better twist	increase the flexibility for the angle of alignment
4	Lumbar rotation	4	3	10	helps in engage the core more	increase of power through
5	Pelvis rotation and push	4	3	10	understanding the full extension	increase of back strength

2nd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	Sacrum activation	3	3	15	increase of breath control	decision making fast for the situation
2	Strengthening on knee	3	3	10	active the knee loading	for better movement
3	adduction and abduction of ankle with banded	3	3	12	activity for the ankle strength	more safe landing
4	Soleus Squats	3	3	10	activities the strength the toe and quad	helps in reaching the board jump
5	Ankle rocking stand	3	4	10	activities the shin and calf for	helps in not to get injury

					stretch and load	
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3rd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	Beast reach	4	3	15	actives the core and quad for stability	reach the limit of core stability
2	Beast right & left through	4	3	12	actives the flexibility	increase the multi movement
3	Scorpio hold and reach	4	3	10	actives the flexibility	increase the multi movement
4	Crab hold to reach	4	3	10	actives the flexibility	increase the multi movement
5	Under switch	4	4	8	actives twist for the core and limbs	increase the multi movement