



Name :Anshu

Sport : tennis

3 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 | L cone drill | 5 | 2 | 12 | managing the split stands and small steps motion | footwork gets better |
| 2 | L locomotion drills | 4 | 3 | 10 | explosive leg for the power for place management | increasing on leg power |
| 3 | B cone drills | 4 | 2 | 12 | lateral stepping for forehand | switch line |
| 4 | lateral bound landing | 4 | 2 | 10 | power for serve and smash | increasing power on hip thrust |
| 5 | L locomotion drills | 4 | 3 | 10 | explosive leg for the power for place management | increasing on leg power |

| 2nd day | exercise | around | set | repetitions | Why it is recommended- | What happens if you do |
|---------|------------------------|--------|-----|-------------|-------------------------------|------------------------------------------------|
| 1 | framer walk | 3 | 3 | 3 | strengthening walks | for strong step and lift |
| 2 | squat jump to box jump | 3 | 3 | 12 | explosive leg for the power | landing and stepping for the stands and switch |
| 3 | ladder zing zang | 4 | 4 | 12 | fast switch for fast toe | coordination for the fast toe |
| 4 | tennis ball placement | 3 | 4 | 10 | direction for target position | focusing on reflex |
| 5 | banded jumps drills | 4 | 3 | 10 | explosive leg | increasing on leg power |



| 3rd day | exercise | around | set | repetitions | Why it is recommended- | What happens if you do |
|----------------|-----------------------|---------------|------------|--------------------|--------------------------------------------------|------------------------------------------------|
| 1 | huddle runs drills | 4 | 2 | 4 | leg coordination | for strength step and lift |
| 2 | lateral jump to lunge | 4 | 3 | 12 | explosive leg for the power switch and land | landing and stepping for the stands and switch |
| 3 | L locomotion drills | 4 | 3 | 12 | explosive leg for the power for place management | increasing on leg power |
| 4 | ladder zing zang | 4 | 4 | 12 | fast switch for fast toe | coordination for the fast toe |
| 5 | treadmill | 4 | 0 | 2minutes | actives twist for the core and limbs | increase the multi movement |