



Name :Anshu

Sport : tennis

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

1st day	exercise	around	set	repetition s	Why it is recommended-	What happens if you do
1	banded bear walk	3	2	12	activities the all lambs	helps in change of direction
2	jumping over the box	3	4	10	activities the long jump power	helps in for over all space
3	target touch	4	3	12	activities recovery position	helps in focus on stands
4	dumbbell thruster	3	3	16	activities full body movement	helps in endurance
5	Superman push up	2	2	10	activity the explosiveness	helps in strengthening wrist and toes

2nd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	medicine ball slam	3	3	16	actives the core and upper arms for power	helps in change of direction
2	medicine ball pass under	3	3	16	actives the hip flexor for better movement	helps in for over all space
3	dumbbell high rows	3	3	15	actives the the upper shoulder	helps in focus on stands
4	Banded vertical jump	3	3	12	actives the lower legs for power switch	helps in endurance
5	Clapping push up	3	3	10	actives the wrist strength and power	helps in strengthening the power chest muscles



3rd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	Push press	4	3	12	activities the shoulder strength	increase in shoulder strength
2	Split jerk	4	3	12	activities the midline strength for power	increase in position changes
3	Bumper plates clean	4	3	12	activist shoulder joint for good mobility	helps in switching range of motion
4	Weighted lunges jumping	4	3	12	activities the start and go	helps in engage the power through the legs
5	Kettlebell swing	4	3	12	activities the hip thrust	helps in power from hip