



Name :Anshu

Sport : tennis

February 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	Split stands	3	4	45 secc	activities for ready in and go position	increase the position of attack and defense
2	Pigeon drills	3	4	45 secc	activities the hip rotation	helps in range of motion
3	Forward behind	3	4	45 secc	activities the spine and hamstring	helps in improve overall the flexibility
4	Warrior pose(1 to 3)	3	4	45 secc	activities the flow the mobility for better activation	helps in breathing and control over balance
5	Animal flow	3	4	45 secc	full body activation	full body activation

2nd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	Beast reach	4	3	30sec	actives the core and quad for stability	reach the limit of core stability
2	Beast right & left through	4	3	30sec	actives the flexibility	increase the multi movement
3	Scorpio hold and reach	4	3	30sec	actives the flexibility	increase the multi movement
4	Crab hold to reach	4	3	30sec	actives the flexibility	increase the multi movement
5	Under switch	4	4	30sec	actives twist for the core and limbs	increase the multi movement



3rd 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