



Name :Anshu

Sport : tennis

February 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 locomotion drills	4	3	12	explosive leg for the power for place management	increasing on leg power
2	tennis ball placement	3	4	10	direction for target position	focusing on reflex
3	huddle runs drill	4	2	4	leg coordination	for strong step and lift
4	bar pullup trail	3	3	45sec	activities the grip strength	helps with the grip for the changes
5	B cone drills	3	2	12	lateral stepping for forehand	switch line

2nd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	star cone drills	3	2	12	activities fast place to get ready	helps in for position tracking
2	weighted walk	3	2	2	activities the leg muscle	helps in strengthening the calf
3	ladder knee to box jump hold	3	2	12	activities the power	helps in explosives in legs
4	cone replacement drills	3	2	12	activities the start reflex	helps in target
5	treadmill	4	0	2minutes	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	ladder zing zang	4	4	8	fast switch for fast toe	coordination for the fast toe
2	B cone drills	4	2	12	lateral stepping for forehand	switch line
3	A to B shift hold	3	2	14	activities the balance on lateral line	helps in increase of balance ability
4	jumping lunges	5	30 sec	12	activities the start and go	helps in engage the power through the legs
5	figure 8	8	4	40sec	activities the fast footsteps	helps into prepare the start position