



Name :Anshu

Sport : tennis

February 4 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 | (station) beast hold | 5 | 30 sec | 30 sec | activates the core and quad for stability | reach the limit of core stability |
| 2 | plank twist | 5 | 30 sec | 15 | active side of obliques | strengthen the core |
| 3 | jumping lunges | 5 | 30 sec | 12 | activities the start and go | helps in engage the power through the legs |
| 4 | banded shoulder shots | 5 | 30 sec | 10 | activities the joint | helps tightens the muscle when the movement happens |
| 5 | pistol squat | 5 | 30 sec | 10 | activities the quad | helps with single leg strengthening |

| 2nd day | exercise | around | set | repetitions | Why it is recommended- | What happens if you do |
|---------|----------------------------|--------|-------|-------------|---|-------------------------------------|
| 1 | triceps dips | 3 | 45sec | 15 | activities the arms strength | helps in shots for the frame arm |
| 2 | weighted vertical stepping | 3 | 45sec | 15 | activities the jumping frame | helps in jumping |
| 3 | incline pushup | 3 | 45sec | 12 | activities the back stability | helps in pulling |
| 4 | barbell hang hold | 3 | 45sec | 45sec | activities the grip strength | helps with the grip for the changes |
| 5 | dumbbell shoulder press | 3 | 45sec | 16 | activities shoulder muscle for strength | helps in overhead position |



| 3rd day | exercise | around | set | repetitions | Why it is recommended- | What happens if you do |
|----------------|-------------------------|---------------|------------|--------------------|---|---|
| 1 | pvc pipe overhead squat | 4 | 1minte | 15 | activities the midline of the body for load | helps in strength the back and legs |
| 2 | pvc pipe hang clean | 4 | 1minte | 15 | activities the fast alignment with in the midline | helps in strength coordination and fast switch |
| 3 | burpees | 4 | 1minte | 10 | activities the full body endurance | helps in body control over the breath and endurance |
| 4 | kettlebell swing | 4 | 1minte | 15 | activities the hip thrust | helps in power from hip |
| 5 | overhand walk lunges | 4 | 1minte | 8 | activities the midline balance | helps in motor control |