

# S P E E D E X E R C I S E S

While working to maximize power through a conditioning program, or when applying power during play, power can place high levels of potential injury loads on the joints, muscles and bones. Care must be taken in doing the exercises for power conditioning, especially the plyometric exercises. Going through too large a range of motion, applying too much resistance, or doing too many sets can lead to acute or chronic overload and injury. Progressions of extra load, repetitions, or sets should be implemented gradually, with no more than a 15% increase in any component at a time.

## HALF-KNEELING CHOPS



1. Start in half kneeling position and reach hands towards the back leg
2. Quickly lift hands overhead towards opposite side and rotate trunk
3. Slowly Return to start position

### REPEAT:

Perform 5-10 repetitions; 3-4 sets; 1x/day

## BOX SQUAT



Feet shoulder width apart, back straight, heels down, bend hips and knees until bottom touches chair or box. Keep knees parallel. Lower slowly, explode on return.

### REPEAT:

Perform 10 repetitions; 6-8 sets; 1x/day

## FORWARD SHUTTLE RUNS



1. Start at baseline of tennis court
2. Run to net and back pedal to baseline
3. Some of the sets can be done with end point of slowing down the movement and others can be done with sudden stop

### REPEAT:

5-6 sets of 5 forward/backward shuttles

## LATERAL SHUTTLE RUNS



1. Start at baseline of tennis court
2. Side shuttle to net and back to baseline
3. Some of the sets can be done with end point of slowing down the movement and others can be done with sudden stop

### REPEAT:

5-6 sets of 5 side shuttles