



## **Leg Workout - Level One**



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## Leg Workout Level One - The Foundation:

Building solid legs for tennis requires you to work on all the major leg muscles, this includes:

- The quadriceps (front thigh)
- The hamstrings (back thigh)
- The gastrocnemius (calf muscles)
- The glutes (butt)

All of these muscles will help you in different ways on the tennis court, the glutes will help you to push off into a sprint, the calfs will help you to split-step and stay light on your feet when moving, the quads and hamstrings help you to load up for an open stance forehand or backhand or to lunge for a low volley.

### Workout:

- Body weight lunges - 10 reps each leg
- Balance on one leg - hold for 30 seconds on each leg
- Bridge on bench - hold for 30 seconds
- Bodyweight hip thrusts - 10 reps
- One leg jumps - forward and backhand - 10 reps each leg
- Feet together jumping into a split step - 15 reps

This cycle would equate to one set, do a minimum of two sets but can work up to three or four sets. This should take between 4-5 minutes per set if you do it without long rest periods between exercises.