



## **Core Workout - Level One**



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## Core Workout Level One - Foundation:

Building a solid foundation in your core is essential to reducing your risk of lower back and core injuries but also vital for generating explosive power through the trunk. The core muscles include the abdominal muscles, the side abdominals (the obliques), the lower back muscles and the transversus muscles (inner abs). The core is responsible for rotation, which is a crucial component of playing high level tennis, think about when you coil up for a forehand or when you twist for a serve.

### Workout:

- Plank - 60 seconds
- Lower back superset - 10 of each exercise
- Side plank - 30 seconds on each side
- Back swims - 10 reps
- Cable twists (or resistance band twists) - 10 each side
- Reverse supermans - 10 with each arm/leg
- Supermans - 10 with each arm/leg
- Press up position plank - 30 seconds
- Ab crunches - 10 reps

This cycle would equate to one set, do a minimum of two sets but you can work up to three or four sets. This should take around 6 minutes per set if you do it without long rest periods between exercises.