



Core Workout - Level Two



Core Workout Level Two - Strength:

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:

- Swiss ball sit up - 10 reps
- Swiss ball side crunches - 10 reps each side
- Back extension on swiss ball - 10 reps
- Russian Twists on swiss ball - 10 reps
- Cable twists low to high - 10 reps each side
- Plank onto the swiss ball - 60 seconds
- Oblique side lifts on elbows - 10 each side

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.