



## Forehand Workout



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## Forehand Workout - Building a solid foundation to hit a consistent and powerful forehand from.

Building an explosive forehand requires you to work on the major muscles involved in the shot, this includes the legs, the core muscles, the chest, the shoulders and of course the forearm muscles.

### Workout:

- Bodyweight jumping lunges - 10 reps each leg
- Medicine ball twists on ground - 10 each side
- Forearm extension/flexion/rotation superset - 10 reps
- Hip thrusts on swiss ball with weight - 10 reps
- Bridge on swiss ball - 60 seconds
- Shadow forehands with band/cable - 10 reps each side
- Forehand open stance lunge - 20 seconds each leg
- Medicine ball chest throws - 10 reps
- Single arm medicine ball chest throws - 5 reps each arm
- Rotator cuff superset - 10 of each exercise

This cycle would equate to one set, do a minimum of two sets but you can work up to three/four sets. This should take around 10 minutes per set if you do it without long rest periods between exercises.