



Leg Workout - Level Three



Leg Workout Level Three - Building Explosive Power:

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:

- Lunges with weights - 8 reps each leg
- Jumping lunges - 8 reps on each leg
- Single leg bridge on bench - hold for 30 seconds each leg
- Single leg hip thrusts on bosu - 10 reps each leg
- One leg jumps - forward and backhand - 25 reps each leg
- Jumping squats on rack - 8-10 reps
- One leg jumps - side to side - 25 reps each leg
- Explosive split steps holding weights in each arm (as high as you can) - 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 6-8 minutes per set if you do it without long rest periods between exercises.