



## Leg Workout - Level Two



---

## Leg Workout Level Two - Building Strength:

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 - 10 reps each leg
- Balance on bosu - hold for 30 seconds on each leg
- Bridge on bench using weights - hold for 30 seconds
- Barbell hip thrusts - 10 reps
- One leg jumps - forward and backhand - 20 reps each leg
- Squats on rack/with barbell - 10 reps
- One leg jumps - side to side - 20 reps each leg

- Explosive split steps (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.