



## Serve Workout



---

## Serve Workout - Building an explosive base to serve from.

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

### Workout:

- Jumping squats - 10 reps
- Sit ups on swiss ball with medicine ball - 10 reps
- Forearm extension/flexion/rotation superset - 10 reps
- Bodyweight jumping lunges - 10 each leg
- Hip thrusts on bench with weight - 10 reps
- Bridge on bench - 60 seconds
- Overhead tricep extension with cable - 10 reps
- Stamina stance - 60 seconds
- Side crunches on swiss ball - 10 each side
- 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 12 minutes per set if you do it without long rest periods between exercises.