



## Upper Body Workout - Level Two



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## Upper Body Workout Level Two - Building Strength:

Building a strong and solid frame in your upper body for tennis includes having a good posture to help reduce injury, building good strength in the chest and shoulder region and of course your wrist and forearm muscles.

All of these muscles will help you in different ways on the tennis court.

The chest muscles help to produce power on your forehand, two-handed backhand, serve and works as a stabilizer on the forehand volley.

Your back upper muscles will help improve your posture, fundamental to reducing the risk of injuries in the upper body, the shoulder muscles help with your serve and forehand, the forearm muscles work on every single stroke so are vital for tennis players.

## Workout:

- Bench press - 10 reps
- Shoulder press with dumbbells or barbell - 10 reps
- Reverse flys with cable - 10 reps
- Chest flys with cable - 10 reps
- Forearm extension - 10 reps
- Forearm flexion - 10 reps
- Forearm supination and pronation - 10 reps
- Reverse flys with dumbbells - 10 reps
- Chest flys with dumbbells - 10 reps
- Back rows (any variety) - 10 reps
- Tricep extension (any variety) - 10 reps
- Bicep curls (any variety) - 10 reps

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 12 minutes per set if you do it without long rest periods between exercises.