

# Serve Accelerator Workouts

## Dynamic Warm Up B

### Adductor Kneeling Split Stance



- Kneel down with one knee on mat or towel
- Straighten opposite leg out to side, keeping foot flat on floor
- Bend over with upper body and place hands flat on ground in front of body
- Rock back and forth moving from the hips
- Feel active stretch in adductor area (inner groin)

## **Ballet Curtsies**



- Stand straight with feet slightly wider than shoulder width apart
- Cross one leg behind the other and squat down, dropping back knee
- Feel stretch in outside hip of front leg
- Return to starting position
- Repeat by crossing other leg behind
- Repeat for desired reps

## **Bowler Squats**



- Stand straight with feet close together, lift right foot off ground
- Reach forward with right hand across body attempting to touch the ground
- Feel right leg slightly bent extending back for balance
- Keep front knee slightly bent while bending over
- Return to starting position
- Repeat for desired reps and switch to other leg

## **Cradle Walks**



- Stand straight with feet shoulder width apart
- Grab ankle and foot with both hands, pulling bent leg upward toward chest
- Come up on toe of standing leg if possible (advanced version)
- Feel stretch in glute and upper hamstring
- Release leg back down return to starting position
- Switch to other leg while moving forward
- Repeat for desired reps or distance

## **Deadlifts Single Leg**



- Stand straight with feet close together
- Lift one leg off the ground reaching forward and down with both hands
- Keep spine straight
- Feel slight bend in standing knee
- Slowly return to original position
- Repeat with other leg while staying in one place or moving
- Repeat for desired reps or distance

## Glute Bridge



- Lay flat on back with both feet flat on ground, arms out at an angle with palms up
- Push hips up until they form straight line from knees to shoulders
- Feel glutes working
- Slowly return to starting position
- Repeat for desired reps



## High Knee To Forward Lunge Walk



- Stand straight with feet close together
- Clasp hands just below knee and pull towards chest, feeling stretch in upper hamstring
- Release and lunge same leg forward, dropping back knee and keeping torso upright
- Push up and grab other leg, pulling up for stretch
- Return to starting position
- Repeat for desired reps

## Hip Opener Active Stretch



- Kneel down with one knee in contact with ground
- Place other foot firmly on ground with leg at 90 degree angle
- Squeeze glute on kneeling leg
- Keep upper body upright and spine neutral throughout
- Lean forward and hold the stretch for 2 seconds
- This movement doesn't have to be long to feel a stretch
- Move back to original position and repeat for desired reps
- Switch to other side



## Quad Pulls



- Stand straight with feet shoulder width apart
- Grab one foot or ankle with with same side hand and pull up and back,
- Come up on toe of standing leg if possible (advanced)
- Feel an active stretch in the quad
- Return to original position, step forward and repeat with other leg
- Repeat for desired reps for distance

## X-Band Walks



- Stand straight with feet slightly wider than shoulder width apart,
- Place band under feet and crisscross band with hands
- Bend knees slightly into a more athletic position
- Step out to left side, leaving right foot flat, keeping knees bent and body balanced
- Bring right foot back toward left foot to get back into original position
- Continue to step out with left foot for desired distance or reps
- Repeat with other leg

=> [Get These Resistance Bands For Your Tennis Training](#)

