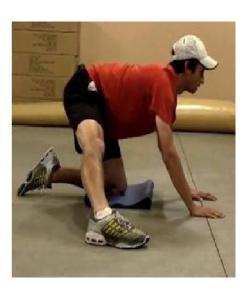
# **Serve Accelerator Workouts**

# **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
- ightarrow 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
- $\rightarrow$  Feel stretch in outside hip of front leg
- → Return to starting position
- ightarrow 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**

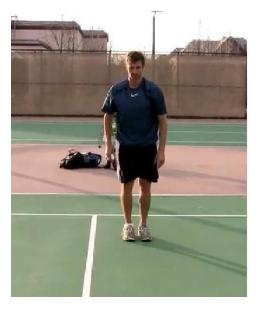






- → Stand straight with feet shoulder width apart
- → Grab ankle and foot with both hands, pulling bent leg upward toward chest
- → Come up on toe of standing leg if possible (advanced version)
- → Feel stretch in glute and upper hamstring
- → Release leg back down return to starting position
- → Switch 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
- ightarrow 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 floor 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)
- $\rightarrow$  Feel an active stretch in the quad
- ightarrow 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

