

Serve Accelerator Workouts

Exercises L-Z

Lunges Backward Stationary



- Stand straight with feet slightly wider than shoulder width apart
- Lunge forward dropping back knee, raising opposite arm overhead, palm inward
- Push up to starting position
- Repeat with other leg

Lunge Backward Stationary Alternating



- Stand straight with feet close together
- Lunge back with one leg, dropping knee to ground
- Keep back straight and torso upright
- Return to starting position
- Repeat with other leg and continue to alternate lunging with each leg
- Repeat for desired reps

Lunge Backward Stationary Dumbbells



- Stand straight with feet under shoulders, dumbbells in each hand
- Lunge backward with left leg, dropping back knee, keeping torso upright
- Push back to original position
- Repeat for desired reps and switch to other leg

Lunge Forward Dumbbells



- Stand straight with feet under shoulder, dumbbells in each hand
- Lunge forward with left leg, dropping back knee, keeping torso upright
- Push up to starting position
- Repeat for desired reps and switch to other leg

Lunge Static Hold



- Stand straight with feet slightly wider than shoulder width apart, hands by side
- Lunge forward, dropping back knee, keeping torso upright
- Hold for desired duration
- Return to original position and switch to other leg

Lunge Static Hold Dumbbell



- Stand straight with feet under shoulder, dumbbells in each hand
- Lunge forward, dropping back knee, keeping torso upright
- Hold for desired duration
- Return to original position and repeat with other leg

Mountain Climbers



- Start on all fours, in plank position
- Bring on leg up toward hand with other leg back
- Hands a little wider than shoulder width apart
- Quickly swap feet, bringing back leg forward and front leg back
- Repeat for desired reps or time

Mountain Climber Spidermans



- Start on all fours, in plank position
- Bring on leg up toward hand with other leg back
- Hands a little wider than shoulder width apart
- Quickly swap feet, bringing back leg forward and front leg back
- Repeat for desired reps or time

Pallof Press Bands



- Stand straight with feet slightly wider than shoulder width apart
- Hold handle in both hands in front of sternum
- Brace the core
- Keep knees slightly bent for balance and extend arms forward
- Resist any rotation and keep body stable
- Return hands slowly to sternum
- Repeat for desired reps and switch directions

Pallof Press Kneeling



- Kneel on mat upper body upright
- Hold handle in both hands in front of sternum
- Brace the core
- Keep knees slightly bent for balance and extend arms forward
- Resist any rotation and keep body stable
- Return hands slowly to sternum
- Repeat for desired reps and switch directions

Pallof Press Kneeling Static Hold



- Kneel on mat upper body upright
- Hold handle in both hands in front of sternum
- Brace the core
- Keep knees slightly bent for balance and extend arms forward
- Resist any rotation and keep body stable
- Hold for desired duration and switch directions

Pallof Press Static Hold



- Stand straight with feet slightly wider than shoulder width apart
- Hold handle in both hands in front of sternum
- Brace the core
- Keep knees slightly bent for balance and extend arms forward
- Resist any rotation and keep body stable
- Hold for desired duration and switch directions

Pallof Press Walkout



- Kneel on mat upper body upright
- Hold handle in both hands in front of sternum
- Brace the core
- Keep knees slightly bent for balance and extend arms forward
- Resist any rotation and keep body stable
- Step with outside leg away from post
- Step with inside leg toward outside leg
- Repeat until body can't move outside further
- Move one step at a time back towards toward post
- Repeat for desired reps and switch directions

Plank



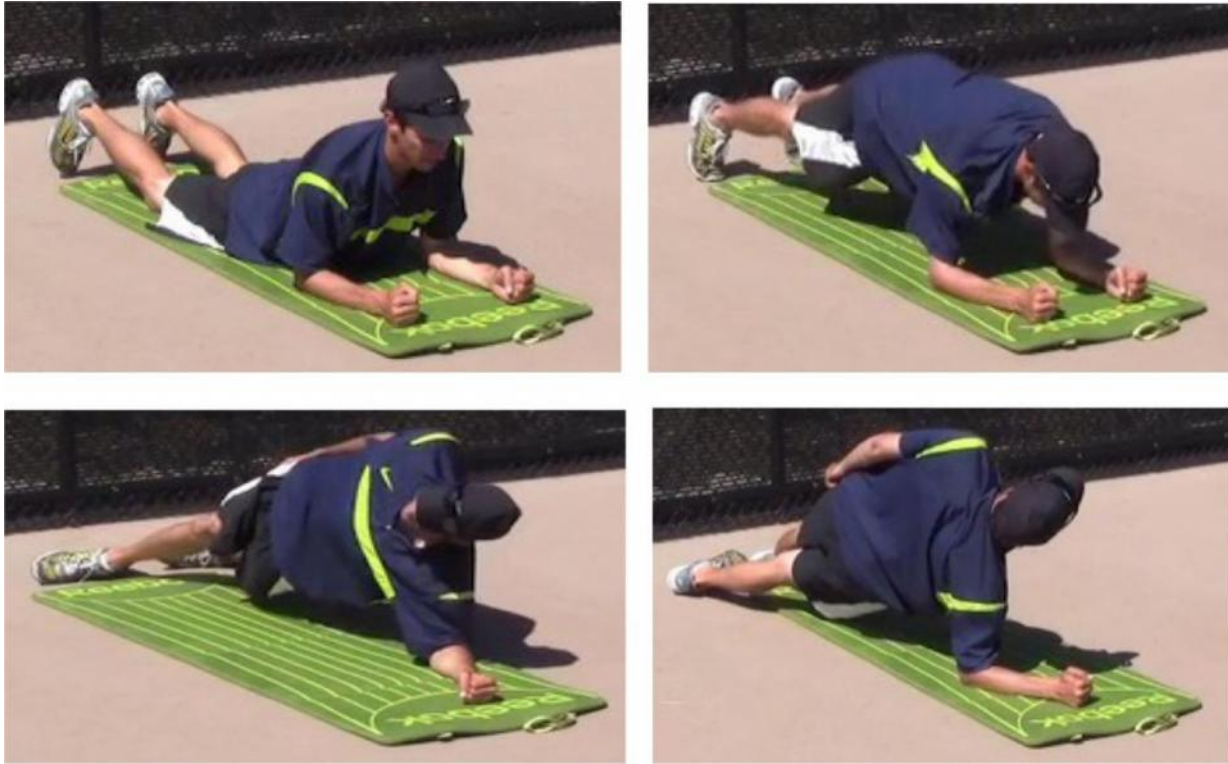
- Start with feet extended straight behind, forearms on ground
- Make fists with hands
- Brace core, keeping back straight
- Hold for desired time

Plank Palms Down Static Hold



- Start with feet extended straight behind,
- Forearms and palms flat on ground
- Brace core, keeping back straight
- Hold for desired time

Plank To Side Plank



- Start with feet extended straight behind, forearms on ground
- Make fists with hands
- Brace core, keeping back straight
- Rotate torso upwards, feet pivoting on side, arm on side
- Return to original position
- Rotate in opposite direction and repeat for desired reps

Prisoner Squats



- Stand straight with feet turned out and slightly wider than shoulder width apart
- Place hands behind head and squeeze shoulder blades
- Squat down as far as possible keeping knees pushed out
- Keep feet flat on ground
- Push up to original position
- Repeat for desired reps

Pull Aparts



- Stand straight with feet slightly wider than shoulder width apart
- Hold resistance band out in front at chest level
- Pull arms apart and back, squeezing shoulder blades together
- Return to original position
- Repeat for desired reps

Pull Aparts Behind Head Bands



- Stand straight with feet slightly wider than shoulder width apart
- Hold resistance band overhead
- Start with arms straight and pull them down behind head
- Let arms bend naturally while controlling the band
- Return back to original position
- Repeat for desired reps

Pullups Assisted Bands



- Put resistance band around one knee placed securely around the shin
- Grab bar with palms facing inward or toward the body
- Pull upward as high as possible feeling should blades pinch together
- Attempt to get chest to bar
- Return slowly to original position
- Repeat for desired reps

Pushups



- Place hands slightly wider than shoulder width apart, back straight
- Keep back and neck neutral and brace core
- Lower body towards ground Return to original position
- Repeat for desired reps

Pushups Knees



- Place hands slightly wider than shoulder width apart and kneel on mat
- Keep back and neck neutral and brace core
- Lower body towards ground
- Return to original position
- Repeat for desired reps

Pushups Knees For Speed



- Place hands slightly wider than shoulder width apart and kneel on mat
- Keep back and neck neutral and brace core
- Lower torso down and push back up as quickly as possible
- Repeat for desired reps
- Return to original position
- Repeat for desired reps

Pushups Wide Grip



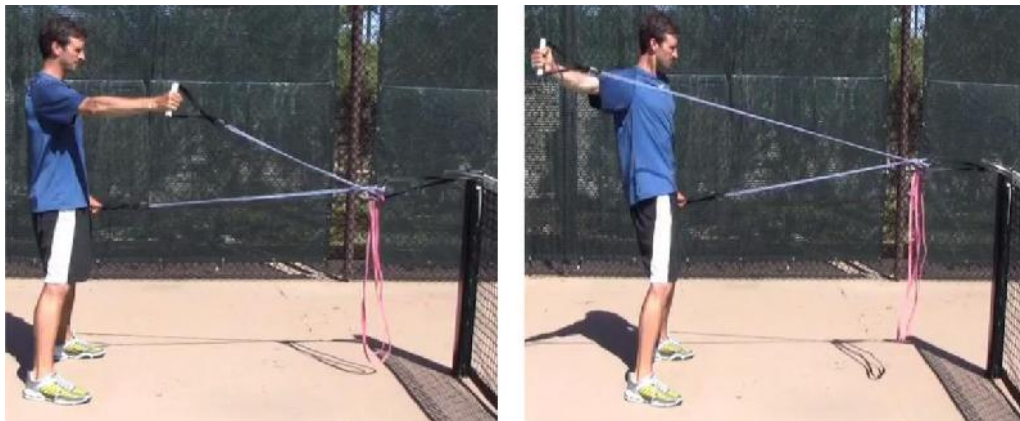
- Place hands wider than shoulder width apart, feet shoulder width apart, back straight
- Keep back and neck neutral and brace core
- Lower body towards ground
- Return to original position
- Repeat for desired reps

Reverse Fly Bands



- Attach resistance bands with harness to post
- Stand straight facing post with feet wider than shoulder width apart
- Use handles for each hand if possible, otherwise grab band in each hand
- Create tension in bands by straightening arms and raising to shoulder height
- Spread hands away with straight arms while squeezing shoulder blades
- Return to original position and repeat for desired reps

Reverse Fly Single Arm



- Attach resistance bands with harness to post
- Stand straight facing post with feet wider than shoulder width apart Use handle for if possible, otherwise grab band with one hand
- Create tension in band by straightening arms and raising to shoulder height
- Spread hand away with straight arms while squeezing shoulder blades
- Return to original position and repeat for desired reps
- Switch to other side

Reverse Fly Staggered Stance



- Attach resistance bands with harness to post
- Stand straight with staggered stance facing post
- Use handles for each hand if possible, otherwise grab band in each hand
- Create tension in bands by straightening arms and raising to shoulder height
- Spread hands away with straight arms while squeezing shoulder blades
- Return to original position and repeat for desired reps
- Repeat for desired reps

Reverse Fly Static Hold



- Attach resistance bands with harness to post
- Stand straight facing post with feet wider than shoulder width apart
- Use handles for each hand if possible, otherwise grab band in each hand
- Create tension in bands by straightening arms and raising to shoulder height
- Spread hands away with straight arms while squeezing shoulder blades
- Pull bands apart and back, squeezing shoulder blades
- Hold for desired time

Rollout Powerwheel



- Stand straight and bend at hips to grip power wheel
- Rollout, keeping back straight
- Brace core keeping spine and neck neutral
- Return to original position
- Repeat for desired reps

Rollout Knees Powerwheel



- Kneel on mat with back straight, holding power wheel
- Brace core keeping spine and beek neutral
- Roll wheel out in front
- Return to original position
- Repeat for desired reps

Rollouts Stability Ball



- Kneel on mat with wrists on ball palms facing in
- Roll ball out sliding forearms onto ball
- Brace core keeping spine and beek neutral
- Return to original position
- Repeat for desired reps

Row Bent Over Dumbbell



- Stand with feet staggered, bent over holding dumbbell
- Pull dumbbell upwards, feeling triceps and shoulder work
- Return to original position
- Repeat with other arm
- Repeat for desired reps

Rows Palms In Bands



- Attach resistance bands with harness to post
- Stand straight facing post with feet wider than shoulder width apart
- Use handles for each hand if possible, otherwise grab band in each hand
- Keep palms facing in
- Create tension in bands by straightening arms and
- Raise hands to height of navel or above
- Bend arms toward body while squeezing shoulder blades together
- Return to original position and repeat for desired reps

Side Bridge



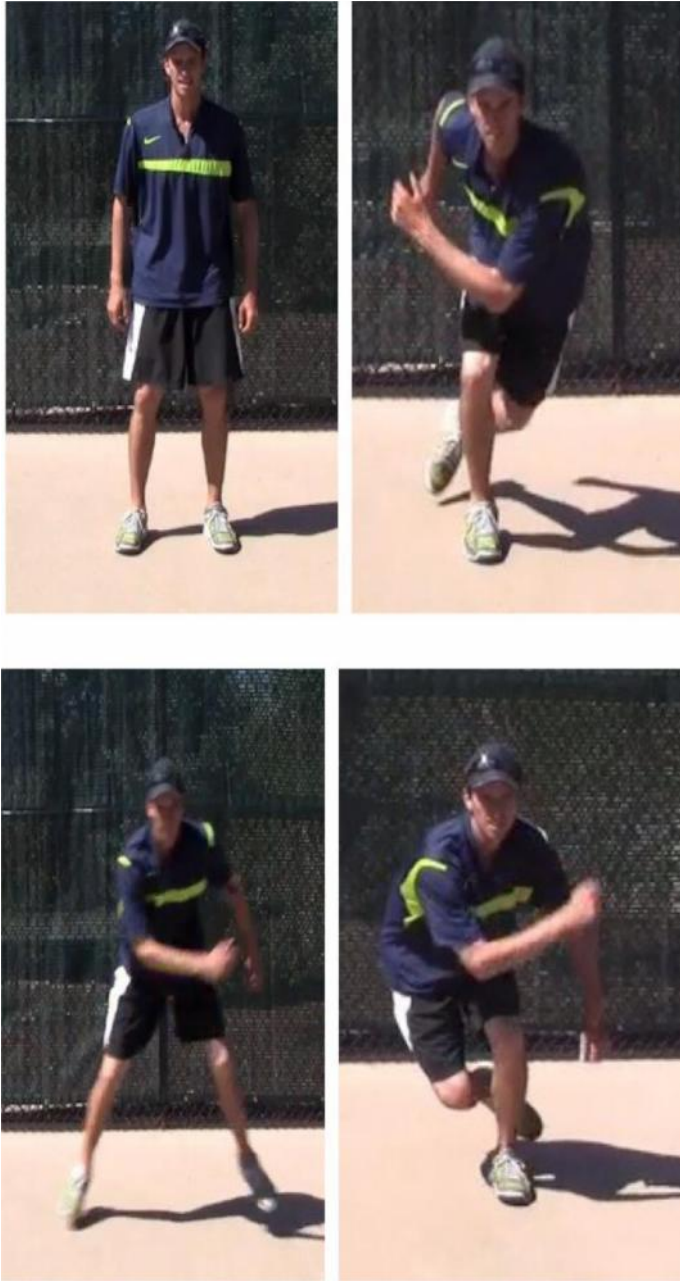
- Lay on side on mat with forearm on ground
- Keep feet on top of each other
- Lift body using while bracing core until body is straight
- Hold for desired time and switch sides

Single Leg Finish Static Hold



- Stand straight with feet slightly wider than shoulder width apart on baseline
- Lift back leg, bend front leg slightly and lean forward as if finishing serve, keeping back straight
- Serve arm in front of hips, slightly bent, hand curled
- Off hand out to side for balance
- Hold for desired duration
- Return to original position and switch legs to balance body

Skater Jumps



- Stand straight with feet shoulder width apart
- Jump to the side landing on outside leg, letting other leg come behind for balance
- Push off outside leg and jump switching to other leg
- Repeat for desired reps

Squats For Speed



- Stand straight with feet slightly wider than shoulder width apart
- Keep arms out in front
- Squat down as far as possible
- Return to original position
- Repeat as fast as possible
- Repeat for desired reps

Squat Jumps



- Stand straight with feet slightly wider than shoulder width apart
- Squat down reaching back with arms
- Jump up explosively, driving arms upward
- Land back in squat
- Avoid having knees collapse in upon landing
- Repeat for desired reps or time

Squat Single Leg Off Bench



- Sit on bench with one leg in air, hands off bench
- Brace core and use hands for assistance if necessary
- Keep one leg lifted in air in front of body
- Using standing leg push up until standing
- Squeeze glutes at the top of movement
- Repeat with that leg or alternate
- Repeat for desired reps or time

Squat Single Leg Off Bench With Dumbbell



- Sit on bench with one leg in air and dumbbells in both hands
- Sit on bench with one leg in air, hands off bench
- Brace core and use hands for assistance if necessary
- Keep one leg lifted in air in front of body
- Using standing leg push up until standing
- Squeeze glutes at the top of movement
- Repeat with that leg or alternate
- Repeat for desired reps or time

Squat Single Leg Off Bench Using Hands



- Sit on bench with one leg in air, hands off bench
- Brace core and use hands for assistance
- Keep one leg lifted in air in front of body
- Using standing leg push up until standing
- Squeeze glutes at the top of movement
- Repeat with that leg or alternate
- Repeat for desired reps or time

Start To Trophy Hold With Ball Toss



- Start in platform stance as if hitting serve
- Make first move and toss ball
- Hold trophy position and let ball drop without swinging at it position
- Feel toss arm extend to sky and feel balance in body with knees bent
- Hold for desired duration

Static Hold Kick Finish



- Stand sideways holding racket in kick finish position
- Keep elbow above head and shoulders tilted
- Look up at contact point
- Hold for desired duration

Step Downs



- Stand on one leg on bench
- Step down with one leg off bench
- Move in controlled manner
- Return to original position
- Repeat for desired reps and switch legs

Step Downs Dumbbells



- Stand on one leg on bench, holding dumbbells in each hand
- Step down with one leg off bench
- Move in controlled manner
- Return to original position
- Repeat for desired reps and switch legs

Step Ups



- Stand straight with feet shoulder width apart
- Step up onto bench with one leg
- Drive other leg up into the air with knee going toward chest
- Use arms to drive the body
- Go up on toe (advanced version)
- Return to starting position
- Repeat for desired reps and switch legs

Step Ups Dumbbells



- Stand straight with feet shoulder width apart
- Hold dumbbells in each hand
- Step up onto bench with one leg
- Drive other leg up into the air with knee going toward chest
- Use arms to drive the body
- Go up on toe (advanced version)
- Return to starting position
- Repeat for desired reps and switch legs

Total Body Extensions



- Stand with feet a slightly wider than shoulder width apart
- Squat down reaching back with arms
- Push up coming up on toes and reaching overhead with arms
- Repeat for desired reps

Trophy Static Hold



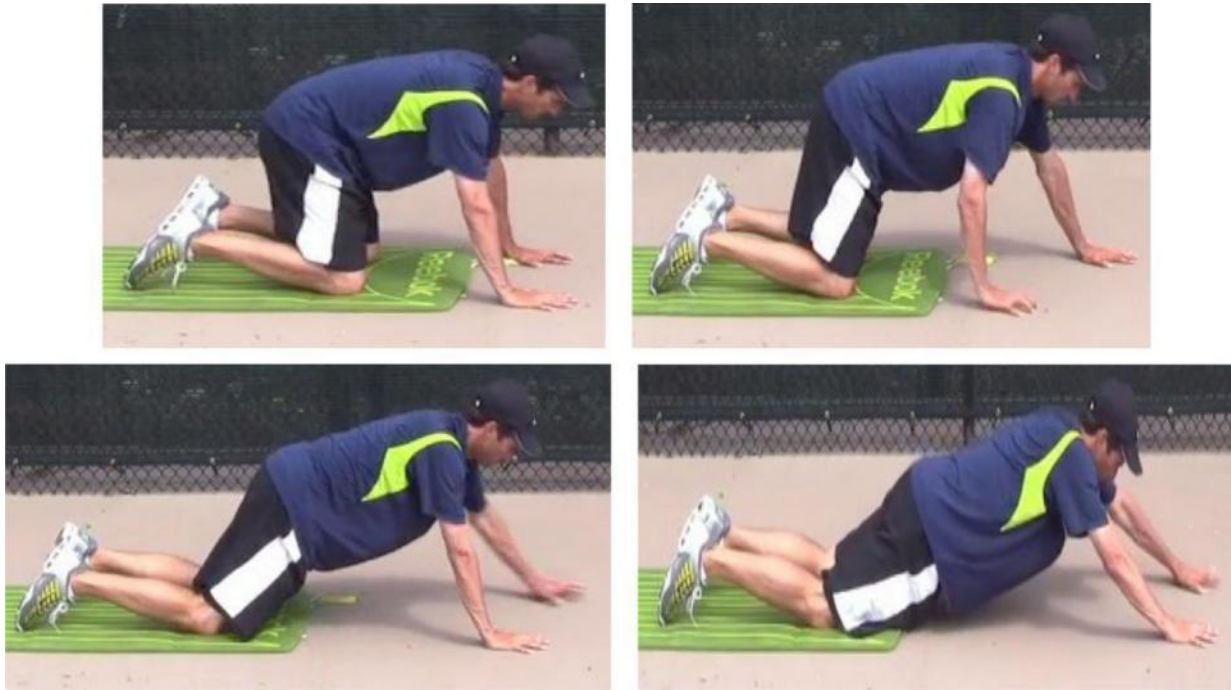
- Start in platform stance as if hitting serve
- Move into the trophy position
- Feel toss arm extend to sky and feel balance
- Hold for desired duration

Walkouts



- Stand with feet shoulder width apart, bent over with hands reaching toward ground
- Keep feet in place and back straight while walking hands out
- Brace core keeping spine and beek neutral
- Walk hands back to starting position
- Repeat for desired reps

Walkouts Knees



Wall Sits



- Kneel on mat with hands on ground
- Keeping back straight while walking hands out
- Brace core keeping spine and neck neutral
- Walk hands back to starting position
- Repeat for desired reps

Wall Slides



- Stand straight against wall with feet shoulder width apart, arms bent at 90 degrees
- Palms and forearms against the back fence or wall
- Keep low back and heels against the fence or wall
- Extend arms up slowly trying to keeping body against fence or wall
- Resist arms slightly into wall
- Slide arms back to original position
- Repeat for desired reps

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

