

Jeff Salzenstein's

SERVE ACCELERATOR WORKOUTS

Training Manual



Serve Accelerator Workouts

Serve Accelerator Workouts

6 Weeks To Transforming Your Serve

By Jeff Salzenstein, High Performance Coach

Legal Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this workout. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this workout, please follow your doctor's orders.

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Welcome from Jeff...

Congratulations and welcome to the 6 Week Serve Accelerator Workouts, the ultimate guide to increase your strength, power, and muscular endurance hit your best serves ever.

I am incredibly excited you have taken the next step to improve your serve. Your serve can improve dramatically with better fundamentals, but combined with greater strength especially in the lower body, upper body, and core, you can really dominate with your serve. This program will do just that. I have covered what you need to do to strengthen your entire body with a focus on increasing speed and power on your serve. These are proven exercises put into a systematic program that actually works. This program will be a huge asset to your serve training program and was designed especially to help you with your serve. I learned this type of programming and these exercises from some of the best strength coaches in the world.

Most tennis players lack the right training off the court to really help themselves when they step between the lines. Following this program will upgrade your body and make you a better athlete because you will be creating more relative strength, power, and muscular endurance necessary to have an effective serve that will hold up in long matches. Most players either don't know what exercises to do to get stronger or they don't spend enough time focusing on this area. Tennis players are generally weak and very susceptible to injuries. The cold hard truth is that with a body that has more horsepower in its engine you can prevent injuries and create power and speed on your serve for longer periods of time. Once you get stronger, it takes less effort to hit big serves. In this serve accelerator program, you will see tremendous gains with your strength and athleticism which will in turn improve your serve provided you fix your technical flaws as well.

This step by step serve accelerator program will guide you to improved performance. One thing I want to add before we start getting into the serve accelerator workouts is that this program is the perfect complement to all the great tennis lessons, tips, and strategies I share with you.

Nothing works better than having an awesome strength and conditioning tennis program that support all the valuable lessons you can learn to improve your technique, footwork, strategy, and much, much more.

Your friend and coach,

Jeff Salzenstein

What the Serve Accelerator Workouts Will Do For You

The goal of the six week Serve Accelerator Workout is simple: to help you get in the best shape of your life so that will translate directly into the best serving of your life. The solution is here for you to get started to transform your strength, flexibility, balance, and explosiveness utilizing a cutting edge program that systematically targets all the right area for superior serving. Whoa! That's a lot to ask in six weeks :)

Most tennis players wonder why they can't improve their serve. Most just go out and do the same routine over and over again expecting different results. According to Einstein, that is the definition of insanity.

Many players try to change their technique and even after making the changes they may only see minimal results with their serve speed and effectiveness.

One of the easiest ways to improve your serve is to actually get off the court and upgrade your body. You see, your body is a finely tuned engine when trained properly (most don't train and if they do they perform the **WRONG** exercises.

Until now...because I have specifically designed this program with all the components you need to upgrade your engine. This is an comprehensive six day a week program that will improve your strength, endurance, flexibility, prevent injuries, and help you feel a confidence in your body and your serve that you have never experienced before. Rarely does a player at any level serve efficiently and effectively. Often players accept that they can't change their serve.

Now is your time to dramatically improve your strength and explosiveness with effective exercises that even most pros don't know. My goal was to give you the best of the best exercises and watch your results soar.

You can do this and after six weeks you will be amazed at how you feel on and off the court. Your serving success is directly related to your off court strength and conditioning program.

Don't do anything and great results will be hard to come by.

Do the wrong exercises and you can actually regress and get worse. I know you don't want that.

Make time to do this program. Even if you can't do the full six day per week training (two of the days are short recovery workouts) four days a week can do the trick and give you awesome results.

If you are just starting out and these workouts are demanding, make sure to listen to your body and start slow. You can build your body in your own time so avoid rushing into it if you are a bit untrained at first.

Give this program six weeks and see what happens. If you lose focus or get sidetracked, you can always start back up again.

What I love about this program is that it will not only help your serve tremendously and allow your body to get into new positions to crank serves that you didn't know you could do before, it will also help you in all other aspects of your game.

I would love to hear about how well you do with this program.

Here's How You Can Be Safe With Your Training

- *Please train smart and listen to your body. Avoid pushing too hard.
- *Avoid performing any exercises that you are not clear on how to perform. Always seek expert advice from an experienced trainer if you are unsure.
- *If something hurts, stop immediately. You don't win any awards for pushing through the pain. In most cases you can modify exercises to eliminate any pain. Look for modified solutions in the program.
- *With this and any other program, learn to perform all exercises without any weight first until you get the proper form down. Once you have good technique then you can add light weight. You can even start with one set of a given exercises. There is a chance you will experience soreness when you first start the program so avoid doing too many sets in the beginning.
- *Feel free to take extra rest between sets in a workout or take extra time between workouts until you feel ready to go again.
- *Having a training partner can help motivate you as well as help you train safer. If you are alone, make sure your form is very good and you do not continue doing exercises if your form breaks down.
- *Always start with easier modified exercises first. Don't try to show off or be a hero. It's actually better for you and your tennis if you perform the "easier exercises with amazing form. You will be challenged even with the easy exercises.
- *Do NOT train every day. You should take at least one day off per week and do to perform the strength exercises in this program every day. Every other day is best.
- *Always perform the warm up drills to get your body and mind prepared for the main workout of the day.
- *Avoid starting this program if you have a pre existing injury. You can work around it with some exercises in the program but it is not advised. Seek about a doctor and/or physical therapist to help you heal your injury before you begin this.
- *Check with your doctor before starting any new exercise program. It is vital to focus on training smart and safely.

Serve Accelerator Workouts Guidelines

Disclaimer: Consult your doctor and/or therapist any exercise program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all exercise programs with your doctor and/or physical therapist.

Here's how this is going to work. You will get a six week, seven day per week program to follow.

You can adjust it to your liking depending on how much time you can commit. You can focus more on strength and do the program 2-3 times per week and skip the interval and recovery days. Ideally you will make the time to perform two strength workouts per week, two interval training workouts per week, two active recovery days and one day of complete rest. I realize most of you have a lot of other commitments so you can shorten the workouts or eliminate some of them each week. But I wanted to give you the full program so you can make the right choice for you.

Do your best to perform the two strength workouts per week at a minimum. Again, if you are pressed for time do four strength exercises instead of the prescribed six in the workout.

If you follow this program you will notice significant strength gains after six weeks. You can also repeat the six week program after taking a full week off in between to rest your body. Try some more advanced exercises as variations of what has been laid out in the first six weeks or add more resistance. It is important to keep the sets and reps and rest time during the strength workouts the same. To make huge strength gains you do not want to train to fatigue and you want to give yourself plenty of rest.

When you combine the workouts in the serve accelerator program with the Tennis Serve Secrets lessons and tips that you actively implement you will not believe the progress you will make with your serve,

You might want to use journal to log your progress so you can see how far you have come...

Here the main areas to address with your Serve Accelerator Workouts Program:

1: Warm Ups

2: Strength

3: Intervals

4: Recovery

Two dynamic warm ups plus two recovery workouts have been created to open up the body, create more balance, range of motion, strength, coordination. These routines include dynamic warm up, joint mobility, and, active stretching exercises. Alternating the dynamic warm up routines will give you variety and results that will help you feel really limber and loose. The joint mobility and active stretching routines will help you recover and at the same time improve your athleticism.

The strength portion of this program will give you more horsepower in your legs, chest, back, and core so that you can generate more power with less effort. Focusing on maximal strength is a lost art for tennis players (in fact the art was never really introduced) and it's time for tennis players to start training like explosive athletes do. Keep the repetitions low for each exercise (under eight), and the rest periods high (one minute more so that you can start to generate tons of power on your serve.

The interval training portion of this program is designed to solidify the strength gains you will make by increasing muscular endurance. Lets face it, sometimes you will play long matches, and if you have the muscular endurance aspect of your training covered, you will be serving at the same velocity at the end of the match that you will have in the first game you serve.

These workouts are recommended after practice or matches or on your days off. If you are not currently following an exercise program or if you are coming off of an injury, you can start with joint mobility, active stretches, and dynamic warm up routines. You can also modify the exercises to make help you get the feeling of doing the exercises properly.

Start every workout with the warm up or recovery workout designated according to that day.

Give yourself plenty of rest during the strength workouts. You will find this rest time in the programs below.

Finish each workout with a cool down which may include a walk and/or active stretching to open up the body and relax.

Dynamic Warm Ups and Recovery Workouts

Always perform a designated warm up before your workouts. There are two dynamic warm ups to choose from in this six week program. You will do these exercises before strength and interval training. There are also two recovery workouts that you perform on your rest/recovery days. They are optional workouts. As you get the hang of the exercises, you can always mix and match exercises to keep it more interesting. Of course, you can follow the exercise routines as outlined as well.

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Recovery Workout A – Joint Mobility

Ankle Circles
Ankle Tilts Inside
Ankle Tilts Outside
Ankle Mobility Up And Down
Hip Circles Bent Leg
Hip Circles Hands On Hip
Hip Circles Separated
Knee Circles Bent Over Separated
Knee Circles Bent Over Together
Knee Circles Separated
Knee Circles Opposite
Shoulder Circles Double Arm
Shoulder Circles Single Arm
Shoulder Circles Thumb Back
Shoulder Circles Thumb Forward

Recovery Workout B – Active Stretch

Achilles Openers Kneeling
Ankles Kneeling Active Stretch
Fire Hydrant Circles
Hip Opener
Hip Opener Rotation
Hip Opener Quad
Hamstring Bent Leg
Hamstring Bent Leg Multidirectional
Calves Active Stretch
Achilles Active Stretch
Lat Lengthener Active Stretch
Tricep Overhead Active Stretch
Chest Opener

NOTE: For a full video explanation of how to perform any exercise in the above routines, please see the Serve Accelerator Workouts Exercise Library.

Serve Accelerator Workouts

Beginner Version

Week 1

Day 1 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout A

- 1A) Squats Single Leg Off Bench Using Hands – 3 sets x 7 reps
- 1B) Push Ups Knees – 3 sets x 7 reps

- 2A) Reverse Lunge Alternating Stationary– 3 sets x 7 reps
- 2B) Row Palms In Bands – 3 sets x 7 reps

- 3A) Plank – 2 sets x 20 seconds
- 3B) Trophy Hold– 3 sets x 10 seconds

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup.

Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 2 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Hindu Squats – 20 seconds

followed by:

1B) Mountain Climbers – 20 seconds

rest: 40 seconds

repeat 4 times

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 3 – Rest and Recovery (OPTIONAL)

Recovery Workout A – Joint Mobility

Ankle Circles
Ankle Tilts Inside
Ankle Tilts Outside
Ankle Mobility Up And Down
Hip Circles Bent Leg
Hip Circles Hands On Hip
Hip Circles Separated
Knee Circles Bent Over Separated
Knee Circles Bent Over Together
Knee Circles Separated
Knee Circles Opposite Shoulder
Circles Double Arm Shoulder
Circles Single Arm Shoulder
Circles Thumb Back Shoulder
Circles Thumb Forward

Day 4 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout B

1A) Step Downs – 3 sets x 7 reps
1B) Push Up Wide Grip – 3 sets x 7 reps

2A) Glute Bridge – 3 sets x 7 reps
2B) Pullups Assisted Bands – 3 sets x 5 reps

3A) Pallof Press Bands – 3 sets x 7 reps each side
3B) Static Hold Kick Finish – 3 sets x 10 seconds

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 5 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Total Body Extension – 20 seconds

followed by:

2B) Plank – 20 seconds

rest: 40 seconds

repeat 4 times

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 6 – Rest And Recovery (OPTIONAL)

Recovery Workout B: Active Stretch

Achilles Openers Kneeling
Ankles Kneeling Active Stretch
Fire Hydrant Circles
Hip Opener
Hip Opener Rotation
Hip Opener Quad
Hamstring Bent Leg
Hamstring Bent Leg Multidirectional
Calves Active Stretch
Achilles Active Stretch
Lat Lengthener Active Stretch
Tricep Overhead Active Stretch
Chest Opener

Day 7 – Rest Day

NOTE: For a full video explanation of how to perform any exercise in this workout, please see the Serve Accelerator Workouts Exercise Library.

Week 2

Day 1 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout A

- 1A) Lunge Stationary Dumbbell – 3 sets x 7 reps
- 1B) Chest Press Palms In Staggered Stance Bands – 3 sets x 7 reps

- 2A) Deadlifts Single Leg – 3 sets x 7 reps
- 2B) Reverse Flys Bands – 3 sets x 7 reps

- 3A) Birddogs – 3 sets x 5 reps
- 3B) One Legged Finish – 2 sets x 10 seconds each side

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 2 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Prisoner Squat – 20 seconds

2B) Side Bridge – 20 seconds

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 3 – Rest and Recovery (OPTIONAL)

Recovery Workout A: Joint Mobility

Ankle Circles
Ankle Tilts Inside
Ankle Tilts Outside
Ankle Mobility Up And Down
Hip Circles Bent Leg
Hip Circles Hands On Hip
Hip Circles Separated
Knee Circles Bent Over Separated
Knee Circles Bent Over Together
Knee Circles Separated
Knee Circles Opposite Shoulder
Circles Double Arm Shoulder
Circles Single Arm Shoulder
Circles Thumb Back Shoulder
Circles Thumb Forward

Day 4 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout B

1A) Bulgarian Split Squat Dumbbells– 3 sets x 7 reps each leg
1B) Walkouts – 3 sets x 7 reps

2A) Hamstring Curl Stability Ball – 3 sets x 7 reps
2B) Face Pulls Bands – 3 sets x 7 reps

3A) Side Bridge – 3 sets x 10 seconds each side
3B) Trophy Hold – 3 sets x 10 Seconds each side

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 5 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Burpees – 20 seconds

followed by:

1B) Pushups Knees For Speed – 20 seconds

rest: 40 seconds

repeat 4 times

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 6 – Rest And Recovery (OPTIONAL)

Recovery Workout B: Active Stretch

Achilles Openers Kneeling
Ankles Kneeling Active Stretch
Fire Hydrant Circles
Hip Opener
Hip Opener Rotation
Hip Opener Quad
Hamstring Bent Leg
Hamstring Bent Leg Multidirectional
Calves Active Stretch
Achilles Active Stretch
Lat Lengthener Active Stretch
Tricep Overhead Active Stretch
Chest Opener

Day 7 – Rest Day

NOTE: To see the video demonstration of how to perform any exercise in this workout, please see the Serve Accelerator Workouts Exercise Library.

Week 3

Day 1 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout A

- 1A) Bulgarian Split Squat Front Foot Elevated Dumbbell – 3 sets x 7 reps
- 1B) Floor Press – 3 sets x 7 reps

- 2A) Hamstring Curl Stability Ball – 3 sets x 7 reps
- 2B) Pull Aparts – 3 sets x 7 reps

- 3A) Side Bridge – 3 sets x 20 seconds
- 3B) Trophy Hold – 3 sets x 20 seconds

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 2 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Hindu Squats – 20 seconds

followed by:

1B) Mountain Climbers– 20 seconds

rest: 40 seconds

repeat 4 times

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 3 – Rest and Recovery (OPTIONAL)

Recovery Workout A: Joint Mobility

Ankle Circles
Ankle Tilts Inside
Ankle Tilts Outside

Ankle Mobility Up And Down
Hip Circles Bent Leg
Hip Circles Hands On Hip
Hip Circles Separated
Knee Circles Bent Over Separated
Knee Circles Bent Over Together
Knee Circles Separated
Knee Circles Opposite Shoulder
Circles Double Arm Shoulder
Circles Single Arm Shoulder
Circles Thumb Back Shoulder
Circles Thumb Forward

Day 4 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout B

- 1A) Step Ups – 3 sets x 7 reps
- 1B) Push Up Wide Grip – 3 sets x 7 reps

- 2A) Glute Bridge Single Leg – 3 sets x 7 reps
- 2B) Pullups Assisted Bands – 3 sets x 7 reps

- 3A) Pallof Press Bands – 3 sets x 7 reps
- 3B) Static Hold Kick Finish – 3 sets x 20 seconds

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is

too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 5 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Total Body Extension – 20 seconds

followed by:

2B) Plank – 20 seconds

rest: 40 seconds

repeat 4 times

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 6 – Rest And Recovery (OPTIONAL)

Recovery Workout B: Active Stretch

Achilles Openers Kneeling
Ankles Kneeling Active Stretch
Fire Hydrant Circles
Hip Opener
Hip Opener Rotation
Hip Opener Quad
Hamstring Bent Leg
Hamstring Bent Leg Multidirectional
Calves Active Stretch
Achilles Active Stretch
Lat Lengthener Active Stretch
Tricep Overhead Active Stretch
Chest Opener

Day 7 – Rest Day

NOTE: To see the video demonstration of how to perform any exercise in this workout, please see the Serve Accelerator Workouts Exercise Library.

Week 4

Day 1 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout A

1A) Squats Single Leg Off Bench Using Hands – 3 sets x 7 reps

1B) Pushups Knees – 3 sets x 7 reps

2A) Reverse Lunge – 3 sets x 7 reps

2B) Rows Palms In Bands– 3 sets x 7 reps

3A) Plank – 2 sets x 20 seconds

3B) Trophy Hold – 3 sets x 10 seconds

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 2 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Prisoner Squat – 20 seconds

2B) Side Bridge – 20 seconds

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 3 – Rest and Recovery (OPTIONAL)

Recovery Workout A – Joint Mobility

Ankle Circles
Ankle Tilts Inside
Ankle Tilts Outside
Ankle Mobility Up And Down
Hip Circles Bent Leg
Hip Circles Hands On Hip
Hip Circles Separated
Knee Circles Bent Over Separated
Knee Circles Bent Over Together
Knee Circles Separated
Knee Circles Opposite Shoulder
Circles Double Arm Shoulder
Circles Single Arm Shoulder
Circles Thumb Back Shoulder
Circles Thumb Forward

Day 4 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout B

- 1A) Step Downs – 3 sets x 7 reps
- 1B) Push Up Wide Grip – 3 sets x 7 reps

- 2A) Glute Bridge – 3 sets x 7 reps
- 2B) Pullups Assisted Band – 3 sets x 5 reps

- 3A) Pallof Press Bands – 3 sets x 7 reps each side
- 3B) Static Hold Kick Finish – 3 sets x 10 seconds

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep.

Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 5 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Burpees – 20 seconds

followed by:

1B) Pushups Knees For Speed – 20 seconds

rest: 40 seconds

repeat 4 times

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 6 – Rest And Recovery (OPTIONAL)

Recovery Workout B: Active Stretch

Achilles Openers Kneeling
Ankles Kneeling Active Stretch
Fire Hydrant Circles
Hip Opener
Hip Opener Rotation
Hip Opener Quad
Hamstring Bent Leg
Hamstring Bent Leg Multidirectional
Calves Active Stretch
Achilles Active Stretch
Lat Lengthener Active Stretch
Tricep Overhead Active Stretch
Chest Opener

Day 7 – Rest Day

NOTE: To see the video demonstration of how to perform any exercise in this workout, please see the [Serve Accelerator Workouts Exercise Library](#).

Week 5

Day 1 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength – Workout A

- 1A) Lunge Stationary Dumbbell – 3 sets x 7 reps
- 1B) Chest Press Palms In Staggered Stance Bands – 3 sets x 7 reps

- 2A) Deadlifts Single Leg – 3 sets x 7 reps
- 2B) Reverse Fly Bands – 3 sets x 7 reps

- 3A) Birddogs – 3 sets x 5 reps
- 3B) One Legged Finish – 2 sets x 10 seconds each side

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 2 – Interval Workout

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Hindu Squats – 20 seconds

followed by:

1B) Mountain Climbers – 20 seconds

rest: 40 seconds

repeat 4 times

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 3 – Rest and Recovery (OPTIONAL)

Recovery Workout A: Joint Mobility

Ankle Circles
Ankle Tilts Inside
Ankle Tilts Outside
Ankle Mobility Up And Down
Hip Circles Bent Leg
Hip Circles Hands On Hip
Hip Circles Separated
Knee Circles Bent Over Separated
Knee Circles Bent Over Together
Knee Circles Separated

Knee Circles Opposite Shoulder
Circles Double Arm Shoulder
Circles Single Arm Shoulder
Circles Thumb Back Shoulder
Circles Thumb Forward

Day 4 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout B

1A) Bulgarian Split Squats Front Foot Elevated Dumbbells – 3 sets x 7 reps each leg
1B) Walkouts – 3 sets x 7 reps

2A) Hamstring Curl Stability Ball – 3 sets x 7 reps
2B) Face Pulls Bands – 3 sets x 7 reps

3A) Side Bridge – 3 sets x 10 seconds each side
3B) Trophy Hold – 3 sets x 10 Seconds each side

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity.

Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 5 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Total Body Extension – 20 seconds

followed by:

2B) Plank – 20 seconds

rest: 40 seconds

repeat 4 times

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 6 – Rest And Recovery (OPTIONAL)

Recovery Workout B: Active Stretch

Achilles Openers Kneeling
Ankles Kneeling Active Stretch
Fire Hydrant Circles
Hip Opener
Hip Opener Rotation
Hip Opener Quad
Hamstring Bent Leg
Hamstring Bent Leg Multidirectional
Calves Active Stretch
Achilles Active Stretch
Lat Lengthener Active Stretch
Tricep Overhead Active Stretch
Chest Opener

Day 7 – Rest Day

NOTE: To see the video demonstration of how to perform any exercise in this workout, please see the Serve Accelerator Workouts Exercise Library.

Week 6

Day 1 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout A

1A) Bulgarian Split Squat Front Foot Elevated Dumbbells – 3 sets x 7 reps
1B) Floor Press – 3 sets x 7 reps

2A) Hamstring Curl Stability Ball – 3 sets x 7 reps
2B) Pull Aparts – 3 sets x 7 reps

3A) Side Bridge – 3 sets x 20 seconds
3B) Trophy Hold – 3 sets x 20 seconds

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 2 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Prisoner Squat – 20 seconds

2D) Side Bridge – 20 seconds

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 3 – Rest and Recovery (OPTIONAL)

Recovery Workout A – Joint Mobility

Ankle Circles
Ankle Tilts Inside
Ankle Tilts Outside
Ankle Mobility Up And Down
Hip Circles Bent Leg
Hip Circles Hands On Hip
Hip Circles Separated
Knee Circles Bent Over Separated
Knee Circles Bent Over Together
Knee Circles Separated
Knee Circles Opposite Shoulder
Circles Double Arm Shoulder
Circles Single Arm Shoulder
Circles Thumb Back Shoulder
Circles Thumb Forward

Day 4 – Strength

Dynamic Warm Up A

Hip Flexor Active Stretch
Glute Bridge
Cradle Walk
Toy Soldiers
Spidermans
Reverse Lunge Overhead
Alternating Lateral Lunges
Squat To Stand
Lat Lengthener Active Stretch
Chest Opener Active Stretch

Strength Workout B

- 1A) Step Ups – 3 sets x 7 reps
- 1B) Pushups Wide Grip – 3 sets x 7 reps

- 2A) Glute Bridge Single Leg – 3 sets x 7 reps
- 2B) Pullups Assisted Bands – 3 sets x 7 reps

- 3A) Pallof Press Bands – 3 sets x 7 reps
- 3B) Static Hold Kick Finish – 3 sets x 20 seconds

Perform the above workout by super setting 1A with 1B, then 2A with 2B, followed by 3A with 3B. Give yourself 1 minute of rest between A and B exercises. The goal is to use as much resistance as possible and focus on developing maximal strength. If an exercise is too easy, then advance to more challenging related exercises. For example, if a push up from the knees is too easy, then perform regular pushups. If a regular push up is too easy, add more resistance like a weight vest or a resistance band over the back as you perform a pushup. Remember to always focus controlling the weight/bands on each rep. Do not sacrifice proper form just to lift more weight. Quality over quantity. Do not go to fatigue. You want to feel strong at the END of the strength workout, not overly fatigued. This workout is about building strength. It's not about fatigue.

Day 5 – Interval Training

Dynamic Warm Up B

Adductor Kneeling Split Stance
Hip Opener Active Stretch
Glute Bridge
Deadlift Single Leg
High Knee To Forward Lunge
Bowler Squats
Quad Pulls
Cradle Walk
Ballet Curtsies
X Band Walk

Interval Training Workout A

1A) Burpees – 20 seconds

followed by:

1B) Pushups Knees For Speed – 20 seconds

rest: 40 seconds

repeat 4 times

Perform the above circuit with no rest between exercises. Rest 40 seconds after completing the superset of exercises A and B. Repeat the superset four more times for a total of five rounds. End workout.

Day 6 – Rest And Recovery (OPTIONAL)

Recovery Workout B: Active Stretch

Achilles Openers Kneeling
Ankles Kneeling Active Stretch
Fire Hydrant Circles
Hip Opener
Hip Opener Rotation
Hip Opener Quad
Hamstring Bent Leg
Hamstring Bent Leg Multidirectional
Calves Active Stretch
Achilles Active Stretch
Lat Lengthener Active Stretch
Tricep Overhead Active Stretch
Chest Opener

Day 7 – Rest day

NOTE: To see the video demonstration of how to perform any exercise in this workout, please see the [Serve Accelerator Workouts Exercise Library](#).

What Do I Do Next?

Start by evaluating how your body feels compared to six weeks before you started this program.

Take a week or two off to give yourself a break. You can always continue to do the warm ups and recovery workouts.

Repeat the six week cycle after taking a short rest period. In the next six week cycle you can increase the difficulty of some exercises by increasing the resistance with bands or dumbbells on the exercises I hope you enjoyed this program and I would appreciate any feedback you may have.

And before you go, one more reminder that one of the best things you can do for your off court training to get better with resistance bands. They were my secret weapon on the tour to keep me fit, healthy and strong. Enjoy the improved strength and flexibility and decrease your chances of injury so you can hit powerfully consistent serves.

How To Order The Best Resistance Bands For Tennis Training!

Below you will find information on how to order resistance bands.

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

