

Physical

Sample Workout # 1

Warm Up

Foam Rolling
3 Min Rowing

2x
20 Jumping Jacks
30 Second Dynamic Air Squats
5 Wallsquats

Workout

A- Bar Dips 4-5 reps x 5 sets; Rest 1:30-2:00 (weighted if possible)

B- 3:00 AMRAP x 4; Rest 1:30 between sets

a1- Row meters
a2- Push Ups
a3- Pull Ups
a4- Sit Ups

Sample Workout # 2

Warm Up

Foam Rolling
3 Min Assault Bike

3x
40 Single Unders
20 Jumping Jacks
10m Bear Crawl
5 Roll to Straddle

Workout

3x
5 Clean Grip Deadlifts
5 Clean Pulls
5 Hang Power Cleans
(barbell only)

A- Power Clean-build to 50% of 1 RM in 10-15 minutes

B- For time:
5 Rounds
15 KBS 35/women 53/men (Scale is needed)
15 Wallball

Technical & Patterns

Ground Strokes	NTRP	Specialty Shots	NTRP
Forehand CC	_____	Forehand Short Angle CC	_____
Forehand DL	_____	Backhand Short Angle CC	_____
Backhand CC	_____	Forehand Drop Shot CC	_____
Backhand DL	_____	Backhand Drop Shot CC	_____
Forehand Lob CC	_____	Forehand Drop Volley CC	_____
Forehand Lob DL	_____	Backhand Drop Volley CC	_____
Backhand Lob CC	_____	Forehand Volley Lob CC	_____
Backhand Lob DL	_____	Forehand Volley Lob DL	_____
Forehand Inside Out	_____	Backhand Volley Lob CC	_____
Backhand Inside Out	_____	Backhand Volley Lob DL	_____
Forehand Inside In	_____	Overhead Short Angle CC	_____
Backhand Inside In	_____	Backhand Overhead CC	_____
		Backhand Overhead DL	_____
Transition Play		Return of Serve	
Forehand Approach CC	_____	Forehand CC	_____
Forehand Approach DL	_____	Forehand DL	_____
Backhand Approach CC	_____	Backhand CC	_____
Backhand Approach DL	_____	Backhand DL	_____
Net Play		Serve	
Forehand Volley CC	_____	First Serve Flat	_____
Forehand Volley DL	_____	First Serve Slice	_____
Backhand Volley CC	_____	First Serve Topspin	_____
Backhand Volley DL	_____	Second Serve Slice	_____
Overhead CC	_____	Second Serve Topspin	_____
Overhead DL	_____		
Current NTRP Level	_____	NTRP Rating Scale	
		4.5 - 5.0+ = Advanced	
		3.0 - 4.0 = Intermediate	
		2.0 - 2.5 = Beginner	

Racket Repair

Restrunging Log:

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

String Type: _____ String Tension: _____ Date: _____

Notes: