

MoveWell® TENNIS DAILY DOZEN



1 Pattern Runs

Perform each of the running patterns for 20 yards x 2.

Lateral shuffle - Shuffle sideways with chest up and butt back

Carioca - Cross foot in front and then behind

Butt kickers - Jog forward as you kick your butt with your heel



2 Body Squats

Stand with feet slightly wider than shoulder width apart, toes pointed straight ahead and chest up tall. Squat down until thighs are parallel. Do one squat per second for 3 x 20 seconds.



3 Standing Pull-Backs

Stand with feet shoulder width apart, toes straight, and knees unlocked. Raise both arms straight in front of you to shoulder height. From there, alternately lift one arm up and back in a diagonal pattern while shifting your weight to that side. Perform 3 x 12 each side.



4 Anterior/Lateral Lunge w/ Opposite Reach

Lunge at a 45° angle to the front, lowering yourself towards the floor as you reach toward your right foot with your left hand. Be sure to keep your chest lifted, spine in a neutral position, and do not let your right knee advance past your toes. Push through your right foot to return to the start position. Repeat on the left. Perform 3 x 12-15 repetitions.



5 Prone Sky Reach

Assume a high push-up position, with your weight through your hands and toes. Tighten your abdominal muscles. Reach the right arm up towards the sky. Return to the starting position and repeat the same motion with the left arm. Perform 10-12 repetitions.



6 Woodchoppers

Stand on one leg and kickstand your opposite leg down for balance. Raise your opposite arm over your head and then squat down as you reach your opposite arm to the outside of your left knee in a "chopping" motion. Return to the starting position. Perform 3 x 12 repetitions.

7



Push-Up Plank w/ Leg Flutter

Assume the top of a push-up position, making sure your hands are directly under your shoulders and legs are held hip width apart. Draw in your belly button and hold your back in a straight position. Alternately lift one leg off of the floor. Perform 3 x 12-15 repetitions.

8



Warrior II -> Warrior III (modified)

Stand with feet wider than shoulder width apart, arms out to a "T". Turn your right foot to the right and lower into a lunge position. Make a straight line from hand to hand. Take five deep breaths. Transition to Warrior III by pivoting your left leg and hips so you are now facing right. Slightly bend your right knee as you lean forward, lift your left leg, and hinge at the hip. Be sure to keep your chest up hips square to the front. Hold for 30 seconds. Repeat on the left.

9



Dynamic Pigeon

Assume a high push-up position. Keeping your stomach tight, bring your right knee in between your hands, then kick your right leg straight back. Repeat 10 repetitions and then perform with the left leg.

10



Revolving Lateral Angle

Stand with feet wider than shoulder width apart. Turn your right foot to the right and your left foot to the right and lower into a lunge position. Place your left hand inside of your right foot. Reach your right arm up towards the sky, making a straight line from hand to hand. Gaze towards your right middle finger and take five deep breaths. Repeat on the other side.

11



Revolving Forward Bend

Spread legs wider than shoulder width apart, placing your hands on hips. Keeping your back straight, hinge at the hips and bend forward until your torso is parallel to the floor. Place your hands on the floor and walk your left hand to your right foot as you reach your right hand toward the ceiling. Hold for 5 deep breaths. Repeat on the other side.

12



Downward Dog

Assume a four-point position. With shoulders over hands and back straight, lift hips up and back as you attempt to press your heels to the floor. Breathe in the pose while allowing your head to hang in a relaxed position. Next, lift one heel off the floor by bending at the knee, shifting the weight to the other leg. Repeat on the other side. Perform 3 x 12 repetitions.