RACKET FOREARM TWISTS



CHALLENGE YOURSELF TO IMPROVE!

OVERVIEW:

HOLD THE RACKET IN THE MIDDLE OF THE FRAME AND AT RIGHT ANGLES TO YOUR FOREARM, AND AND TWIST THE RACKET FROM LEFT TO RIGHT.

BENEFITS:

- IMPROVES FOREARM STRENGTH
- IMPROVES ABILITY TO USE CORRECT TECHNIQUE
- IMPROVES SHOT CONTROL AND POWER

PREREQUISITES & TARGET AUDIENCE:

NO PREREQUISITES

FROM BEGINNER TO ADVANCED CLUB PLAYER STANDARD CHALLENGE LENGTH:

365 DAYS

ADVICE

AIM TO TWIST AT 100 REPITIONS PER MINUTE. DO NOT EXTEND ON EITHER SIDE TOO FAR. DO NOT ATTEMPT MORE THAN 110 REPS PER MINUTE. IF YOU PREFER, YOU CAN USE A TIMER RATHER THAN COUNTING EACH TWIST.

DAILY CHECK BOX TRACKER																				
10 DAYS OF 100 TWISTS OR 1 MINUTE	Х	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ										
20 DAYS OF 200 TWISTS OR 2 MINUTES	Χ	Χ	Χ	Χ	Χ	Χ	Χ	X	Χ	Χ	Χ	Χ	Χ	Х	Χ	Χ	Χ	X	Χ	Χ
30 DAYS OF 300 TWISTS OR 3 MINUTES	Х	Х	Х	Х	Х	X	X	Х	X	X	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
40 DAYS OF 400 TWISTS OR 4 MINUTES	Х	Х	Х	Х	Х	X	X	Χ	X	Х	Х	X	Х	X	X	X	Х	Х	X	Х
265 DAYS OF 500 TWISTS OR 5 MINUTES	X	X X X X X X X X X X X X X X X X X X X	X X X X X X X X X X X X X X X X X X X	X X X X X X X X X X X X X X X X X X X	X X X X X X X X X X X X X X X X X X X	X	X X X X X X X X X X X X X	X	X	X	X X X X X X X X X X X X X	X X X X X X X X X X X X X	X X X X X X X X X X X X X X X X X X X	X X X X X X X X X X	X X X X X X X X X X X X	X X X X X X X X X X	X X X X X X X X X X X	X	X X X X X X X X X X	X X X X X X X X X X X X X X X X X X X

YOUR NOTES AND OBSERVATIONS

