**Treningsprogram for tennisspillere**

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| **Dag 1** | **Dag 2** | **Dag 3** |
| Skulderpress med manualer 3\*10 reps | Knebøy manualer 3\*9-12 reps | Flies kabel 3\*10-12 |
| Hammer curls 3\*10-12 reps | Upright row med stang 3\*12-15 reps | Flies manualer 3\*10-12 reps |
| Wrist curl 3\*9-10 reps | Skrå sit-ups 3\*9-12 reps | Sidehev 3\*9-10 reps |
| Knebøy 3\*8-9 reps | Rygghev 3\*9-10 reps | Bridge crunch 3\*9-10 reps |
| Sit-up pilatesball 3\*9-12 reps | Benkpress 3×9-10 reps | Wrist twist manualer 3\*9-10 reps |
| Utfall manualer 3\*9-12 |  | Bosu russian twist 3\*9-10 |