Tennovation Training Regimen: create athleticism, explosiveness, and physique

1. **Stretching**

* Loop band arm exercises
* Loop band leg exercises
* Handle band exercises
* Flow work (swinging/kicking)
* Grounded stretches (squat walk/lounge reach back)

1. **Upper Body Strength**

* Hangs (two arm/one arm)
* Pull ups (close/wide/chin/pull)
* Push-ups (slow/jump/wide/close)
* Dips
* Super 7s

1. **Core**

* Hanging leg raises
* Bench ab sit up exercises
* Planks (sides)

1. **Lower Body Strength**

* Squat jumps (two foot/one foot)
* Weighted lunge walk
* Front squat w/band
* One leg extensions/squats
* Lateral jumps

1. **Hand/Foot Eye**

* Ball punches
* Fingertip catches
* Tennis ball juggling
* Medicine ball throws
* Ball snatches

1. **Stamina**

* 1v1 Tennis
* Bball pickup
* Sprints