

RACQUET SPORTS-DAILY MOVEMENT



LUNGE ROTATION

5 times each limb

Step 1



Step 2



Step 3



Step 4



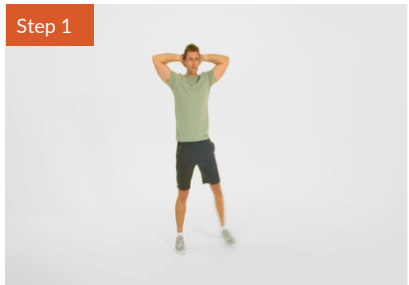
Step 5



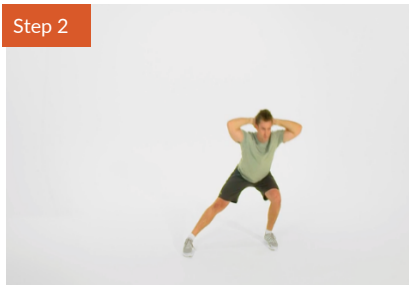
LAT LUNGE

5 times each limb

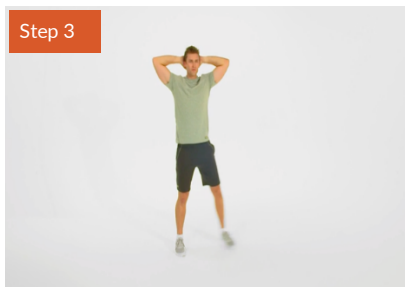
Step 1



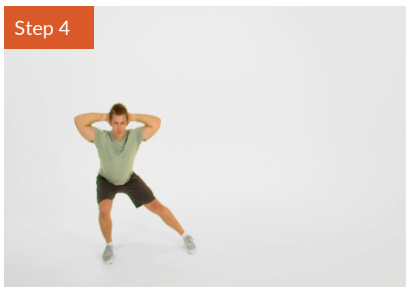
Step 2



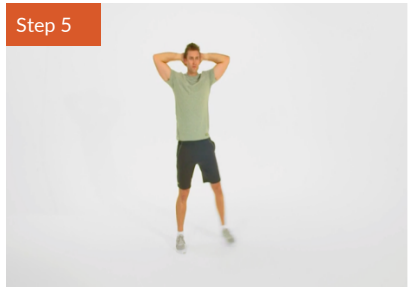
Step 3



Step 4



Step 5



DIAGONALS

5 times each limb

Step 1



Step 2





LATERAL HOPS

5 reps each limb



SINGLE LEG RDL

5 times each limb

