Day 15 – Post-Tennis Strength Workout

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**Bodyweight Squats**3 sets of 12 reps  
Focus on controlled movement and keep your core engaged.

**Push-Ups**3 sets of 10 reps  
Perform on floor or elevate using a bench for lighter load.

**Dumbbell Rows**3 sets of 12 reps per arm  
Use dumbbells or any household weight. Keep your back flat.

**Plank**3 sets of 30 seconds  
Hold a strong plank, engaging your core and glutes.