

Exercise:

- Lunge

Description:

- bend and extend the front leg slowly
- do not bend or extend the rear leg
- do not extend the front leg completely
- bend only to 90°
- keep your back upright

Duration:

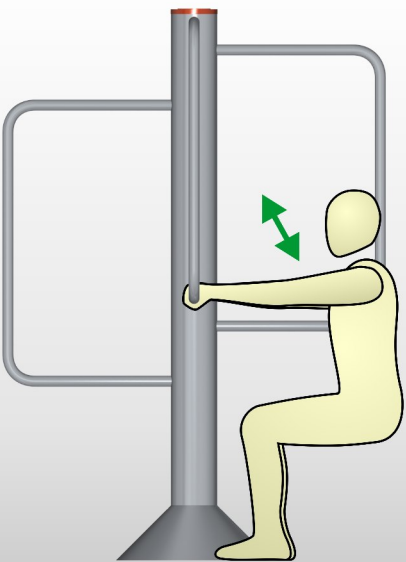
- 15 repetitions each side

Musculature:

- Leg extensors
- Hip extensors

Annotation:

- gentle warm-up exercise



Exercise:

- Upright squat

Description:

- bend and extend the legs slowly
- do not extend the legs completely
- bend only to 90°
- keep your back upright

Duration:

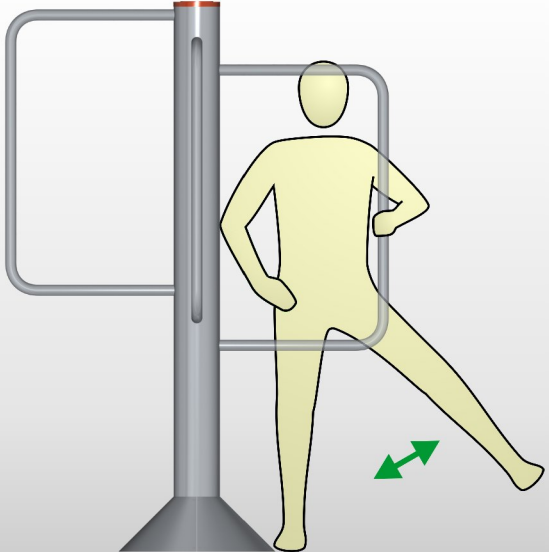
- 15 to 30 repetitions

Musculature:

- Leg extensors
- Hip extensors

Annotation:

- safer than free squats



Exercise:

- Hip Abduction

Description:

- slowly abduct one leg laterally
- toes may point outward slightly
- do not drop the leg completely
- keep your back upright

Duration:

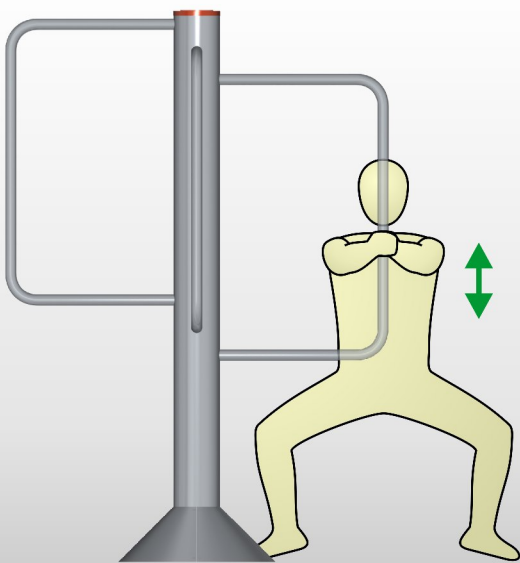
- 15 repetitions each side

Musculature:

- Hip abductors
- Buttock muscles

Annotation:

- activates the hip joints



Exercise:

- Sumo squat

Description:

- stand splay-footed
- toes have to point outward
- do not bend the knees to 90°
- do not extend the legs completely
- keep your back upright

Duration:

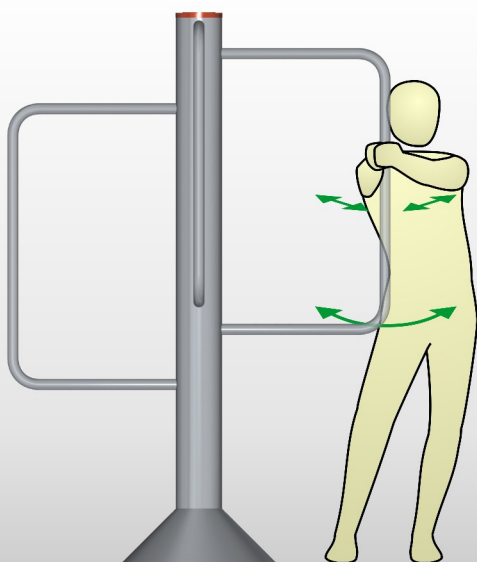
- 15 to 30 repetitions

Musculature:

- Hip adductors
- Buttock muscles

Annotation:

- activates the hip joints



Exercise:

- Pelvic rotation

Description:

- rotate the pelvis laterally backward as far as possible
- rotate head and shoulder simultaneously
- extend the outside arm
- rotate the pelvis quarter circle forward
- pull the arms back
- move to the opposite direction

Duration:

- 15 to 30 repetitions

Musculature:

- Back muscles
- Torso muscles

Annotation:

- activates all joints involved in the tennis stroke

Please note:
Review your training routine with your personal tennis coach, your physiotherapist or physician. In case of existing complaints, this is strongly recommended.

Your coach or physiotherapist is able to recommend more exercises or alternative exercise versions.

You will find further information on the internet at:
www.stretching-tower.com