

# SANTA FE SENIOR FIT

**TRAINER:** Gary Schneider  
**TYPE:** Tennis Athletes  
**PHASE:** Injury Prevention  
**WORKOUT:**

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>WARM UP</b>					
Static Stretch: Child's Pose	1	1	30 sec	0 sec	Hold for :30
Static Stretch: Lying Knee Raises	1	1	30 sec	0 sec	Hold for :30
Dynamic Stretch: Prisoner Squat	1	12	Slow	0 sec	
Dynamic Stretch: Jumping Jacks	1	15	Moderate	90 sec	
<b>INJURY PREVENTION</b>					
Shoulder: Front Cable Raise	1	12	Slow	:15	
Shoulder: Mid Cable Lateral Row	1	12	Slow	:15	12 reps each side
Shoulder: Cable Rope Rear Row	1	12	Slow	:60	
Back: Back Extension	1	12	Slow	:15	
Back: Pallof Press	1	12	Slow	:15	12 reps each side
Back: Side Lie Arm Rotation	1	12	Slow	:60	12 reps each side
Hip: Bulgarian Split Squat w Ball	1	12	Slow	:15	12 for each leg
Hip: Cone Leg Raises	1	8	Slow	:15	8 for each cone and side
Hip: Rope Step Overs	1	12	Slow	:60	12 for each leg
Knees: Bulgarian Split Squat w DB	1	12	Slow	:15	12 for each leg
Knees: Multiplanar Lunges	1	12	Slow	:15	12 for each leg
Knees: Step Ups	1	12	Slow	:60	12 for each leg at a time
Feet/Ankles: Single Leg Rom Deadlift w KB	1	5-6	Slow	:15	5-6 each side & hold for :15-:20
Feet/Ankles: Toe Raises	1	15-20	Slow	:15	15-20 for each foot
Feet/Ankles: Toe Crunches	1	15-20	Moderate	:60	15-20 for each foot
<b>COACHING TIPS</b>					
Perform these exercises 2x a week, preferrably 3x a week					