

SANTA FE SENIOR FIT

TRAINER: Gary Schneider
TYPE: Tennis
PHASE: Plyometric, SAQ
WORKOUT: #1

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
WARM UP					
Active Stretch: Calf Raises	1	15	Slow	:15	
Active Stretch: Prisoner Squat	1	15	Slow	:15	
Dynamic Stretch: Jumping Jacks	1	20	Moderate	:90	
ACTIVATION (core & balance)					
Core: 2 Arm Cable Lift	2	24	Slow	:15	12 each side
Core: One Arm DB Carry	2		Slow	:15	10-15 yards - each side
Core: Swipers	2	15	Slow	:15	
Balance: Side Shuff to 1 Leg Bal Trainer	2	16	Moderate	:15	Hold landing for :05, 8 each leg
Balance: Lunge to Balance	2	16	Moderate	:90	8 each leg
PLYOMETRIC:					
Plyometric: 3 Way Box Jump, Fr, Shuf, Side	2	48	Moderate	:30	8 per movement, each side
Plyometric: Multiplanar Box JumpUp Stab	2	24	Moderate	:90	4 each plane & each side
SKILL DEVELOPMENT SAQ - CIRCUIT					
SAQ: Ladder Drill - In In, Out Out	2		Fast	:00	
SAQ: LEFT Drill	2		Fast	:00	Cones 10 yards apart
SAQ: Run to Start Position	2		Fast	:00	
SAQ: Ladder Drill - Ali Shuffle	2		Fast	:00	
SAQ: 5-10-5 Drill	2		Fast	:00	Cones 5 & 10 yards apart
SAQ: Side Shuffle to Start Position	2		Fast	:00	
SAQ: Split Steps	2		Moderate	:00	
SAQ: T-Drill	2		Fast	:00	
SAQ: Skip to Start Position	2		Fast	2:00	
CLIENTS CHOICE					
Shoulders: Mid Cable Row	2	24	Slow		12 reps each side
COOL DOWN					
Stationary Bike	1				5 minutes
Foam Rolls: (Optional)					
COACHING TIPS					
Perform SAQ Drills in two mini circuits - resting 2:00 after first circuit, then begin second circuit					