	Indian Men's Tennis Summer Training																	
								Phase	1									
								Day :	1									
		Week 1			Week 2		Week 3 Week 4					Week 5 Week 6						
Exercise	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Choose One:											_							
Box Jump		3			3			3			3			3			3	
Broad Jump		3			3			3			3			3			3	
Vertical Jump								3			3			3			3	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Leg Press		8			8			8			8			6			6	
Back Squat		8			8			8			6			6			6	
Goblet Squat								8			6			6			6	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB RDL	Weigiit	8	Neps	vveigiit	8 8	neps	vveigiit	8	перз	vveigiit	8	перз	Weight	8	Neps	Weigitt	8 8	iveh2
Barbell RDL		8			8			8			8			8			8	
KB RDL		0			8			8			8			8			8	
											8			8			8	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Bench Press		8			8			8			8			8			8	
DB Bench Press		8			8			8			8			6			6	
Machine Bench Press					8			8			6			6			6	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Row		810			810			810			810			810			810	
Seated Row		810			810			810			810			810			810	
Cable Row								810			810			810			810	
Chance Care	Mainh	Cont	Dans	AA/aiala	Cont	Para	\A/aialat	Cool	Dave	\\/=:=b-t	Gaal	Dave	\A/ai_lat	Carl	Dono	Mainle	Carl	Dans
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Hollow Hold Front Plank		x30sec x30sec			x30sec x30sec			x30sec x30sec			x30sec x30sec			x30sec x30sec			x30sec x30sec	
TIOHE FIGHT		x303ec			ASUSEL			x30sec			x30sec x30sec			x30sec x30sec		<del> </del>	x30sec	
								A303CC			A30300			7,30300			730366	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Side Plank		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
Russian Twist		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	

						alali ivi	CIISI	5111113 2	ullille	er Trair	IIIIg							
	Phase 1																	
								Day 2										
		Week 1			Week 2			Week 3			Week 4		Week 5			Week 6		
Exercise	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Choose One:																		
Split Jump		3ea			3ea			3ea			3ea			3ea			3ea	
SL Box Jump		3ea			3ea			3ea			3ea			3ea			3ea	
								3ea			3ea			3ea			3ea	
	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Goblet Split Squat		5ea			5ea			5ea			5ea			5ea			5ea	<b>  </b>
KB Split Squat		5ea			5ea			5ea			5ea			5ea			5ea	<b></b>
Barbell Split Squat								5ea			5ea			5ea			5ea	
	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Goblet Lateral Lunge		8ea			8ea			8ea			8ea			8ea			10ea	<u> </u>
Banded Lateral Walk		8ea			8ea			8ea			8ea			8ea			10ea	<del>                                     </del>
KB Lateral Lunge								8ea			8ea			8ea			10ea	
											8ea			8ea			10ea	
Character Cons	Maria I. I.	6	6	11/-1-1-1	C I	D	NA / - 1 - 1 - 1	6 - 1	5	144 - 1 - 1 - 1	C I	D	NA / - 1 - 1 - 1	61	D	147-1-1-1		Daniel
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Shoulder Press		58			58			58			58			58			58	
Machine Shoulder Press		58			58			58 58			58 58			58 58			58 58	
								30			30			56			56	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Pons
	Weight	35	neps	vveigiit	35	neps	Weight	35	neps	Weight	35	reps	Weight		neps	Weight	35	Reps
Chin Up Negative Chin Up (3 Sec)		35			35			35			35			35 35			35	
Chin Up Hold (5 sec)		35			35			35			35			35			35	+
Chin op Hold (5 3ec)								3 -5			J - J			JJ			J J	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DeadBug	W CISIT	x30sec	перз	Weight	x30sec	порз	Weight	x30sec	перз	Weight	x30sec	перз	Weight	x30sec	перз	Weight	x30sec	перз
Sit Up		x30sec			x30sec			x30sec			x30sec			x30sec			x30sec	+
31t Op		AJUSEC			730300			x30sec			x30sec			x30sec		<del> </del>	x30sec	+
								7.50566			,,50500			7.30300			,,50500	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Superman Hold		x30sec			x30 sec		7. 2.6	x30sec			x30sec			x30sec		3.7	x30sec	
Reverse Plank		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	+

	Indian Men's Tennis Summer Training																	
								Phase 2										
								Day 1										
		Week 1			Week 2		Week 3			Week 4			Week 5				Week 6	
Exercise	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Choose One:																		
SL Box Jump-DL Landing		2ea			2ea			2ea			2ea			2ea			2ea	
SL Broad Jump-DL Landing		2ea			2ea			2ea			2ea			2ea			2ea	
SL Vertical Jump-DL Landing		2ea			2ea			2ea			2ea			2ea			2ea	
Exercise	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Leg Press		5			5			5			5			4			4	
Goblet Squat		5			5			5			5			4			4	
Back Squat		5			5			5			5			4			4	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Glute Bridge		12			12			12			10			10			10	
Barbell Glute Bridge		12			12			12			10			10			10	
Leg Curl		12			12			12			10			10			10	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Bench Press		5			5			5			5			4			4	
Machine Press		5			5			5			5			4			4	
Barbell Bench Press		5			5			5			5			4			4	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Pulldown		1012			1012			1012			1012			1012			1012	
Chin Up		1012			1012			1012			1012			1012			1012	
Pullover Machine		1012			1012			1012			1012			1012			1012	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Front Plank+ Row		x8ea			x8ea			x8ea			x8ea			x8ea			x8ea	
Dynamic Front Plank		x8ea			x8ea			x8ea			x8ea			x8ea			x8ea	
		x8ea			x8ea			x8ea			x8ea			x8ea			x8ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Side Plank+ Row		x10ea			x10ea			x10ea			x10ea			x10ea			x10ea	
Dynamic Side Plank		x10ea			x10ea			x10ea			x10ea			x10ea			x10ea	
		x10ea			x10ea			x10ea			x10ea			x10ea			x10ea	

						Indian	a Men	's Tennis Su	ımmer	r Trainin	g							
								Phase 2										
								Day 2										
		Week 1			Week 2			Week 3		Week 4			Week 5			Week 6		
Exercise	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Choose One:																		
DB Split Jump		6			6			6			6			6			6	
DB Squat Jump		6			6			6			6			6			6	
(Hold DB ea hand)		6			6			6			6			6			6	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
RFE Goblet Split Squat		6ea			6ea			6ea			5ea			5ea			5ea	
FFE Goblet Split Squat		6ea			6ea			6ea			5ea			5ea			5ea	
Goblet Push Back Lunge		6ea			6ea			6ea			5ea			5ea			5ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
SL DB RDL		10ea			10ea			10ea			8ea			8ea			8ea	
SL DB Glute Bridge		10ea			10ea			10ea			8ea			8ea			8ea	
SL Leg Curl		10ea			10ea			10ea			8ea			8ea			8ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
PUSH UP		510			510			510			612			612			612	
PUSH UP w/ 5 sec Eccentric		510			510			510			612			612			612	
PUSH UP w/ 3 sec hold in bottom		510			510			510			612			612			612	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Machine Row		12			12			12			10			10			10	
DB Row		12			12			12			10			10			10	
Cable Row		12			12			12			10			10			10	
Exercise:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
LUNGE ISO Hold		x30 sec ea			x30 sec ea			x30 sec ea			x45 sec ea			x45 sec ea			x45 sec ea	
Body Weight or Weighted		x30 sec ea			x30 sec ea			x30 sec ea			x45 sec ea			x45 sec ea			x45 sec ea	
Exercise:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
ISO SL GLUTE BRDIGE HOLD		x30 sec ea			x30 sec ea			x30 sec ea			x45 sec ea			x45 sec ea			x45 sec ea	
		x30 sec ea			x30 sec ea			x30 sec ea			x45 sec ea			x45 sec ea			x45 sec ea	

	Cardio	vascular Training:	
Running Wo	rkouts	Bike Workouts	
400's (On Tr		Tempo Work #1 (Moderate Resista	ance)
Exercise:	Interval: Work/Rest	Exercise:	Time:
400m Sprintx4	1:15/2:30	Hard Spin	x2:00 mins
Rest 3:00 Mins		Moderate Spin	x3:00 mins
400m Sprintx3	1:15/2:30	Repeat Interval x6 Rounds	
Rest 3:00 Mins			l
400m Spintx2	1:15/2:30		
		Tempo Work #2 (Moderate Resista	ance)
300/200/1	00	Exercise:	Time:
(On Football	Field)	Hard Spin	x1:30
Exercise:	Interval: Work/Rest	Moderate Spin	x1:30
300 Yard Sprint x3	1:10/2:20	Repeat Interval x8 Rounds	
Rest 2:00min			
200 Yard Sprintx5	50sec/1:40	Tempo Work #3 (Moderate Resista	ance)
Rest 2:00 min		Exercise:	Time:
100 Yard Sprintx7	15sec/45sec	Hard Spin	x30 secs
		Moderate Spin	x45 secs
Half Gasse		Hard Spin	x30 secs
(On Football	· · · · · · · · · · · · · · · · · · ·	Moderate Spin	x30 secs
Exercise:	Interval: Work/Rest	Hard Spin	x30 secs
Half Gassers x8	15sec/45secs	Moderate Spin	x15 secs
Rest 2:00min		Repeat Interval x7 Rounds	
Half Gassers x8	15sec/45secs		
		Timed Ride (Moderate Resistance	
Tempo Rur		Spin MAX DISTANCE	x20 Mins
(Trail Run/On	•		
Exercise:	Time:	Power Work #1	
Hard Run	x2:00 mins	Exercise:	Time:
Moderate Jog	x3:00 mins	HARD SPIN (Hard Resistance)	x15 sec
Repeat Interval x4 Rounds		EASY SPIN (Easy Resistance)	45 secs
Towns Dur	. #2	Repeat x5	
Tempo Rur		EASY SPIN (Easy Resistance) X5 MINS	
(Trail Run/On Exercise:	•	X3 ROUNDS	
Hard Run	Time: x1:30	Power Work #2	
	x1:30		Timer
Moderate Jog  Repeat Interval x7 Rounds	X1.5U	Exercise: HARD SPIN (Moderate-Hard Resistance)	Time: x30 sec
Repeat Interval X7 Rounds		EASY SPIN (Moderate-Hard Resistance)	x30 sec
Tempo Rur	. #2	x6 Rounds	X30 Sec
(Trail Run/ On		EASY SPIN (Easy Resistance) x3 Mins	
Exercise:	Time:	x 3-4 Rounds	
Hard Run	x30 secs	X 3-4 Rounds	
Moderate Jog	x45 secs		
Hard Run	x45 secs		
Moderate Jog	x30 secs		
Hard Run	x30 secs		
Moderate Jog	x15 secs		
Repeat Interval x7 Rounds	X13 3003		
Repeat interval X7 Nourius			

Metabolic Circuit #1 Phase: 1										
Exercise:	Reps/Distance									
Run or Bike	x 1 Mile									
Squat Jumps	x15									
Squat Hold (In Bottom)	x1 Min									
Mtn. Climber	x20 Reps									
Suitcases	x12									

Metabolic Circuit #2 Phase: 2										
Exercise:	Reps/Distance									
Run or Bike	x 1/2 Mile									
Walking Lunge	x8ea									
Wall Sit	x45 secs									
Crunches	x20									
Supermans	x12									

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	
	Phase 1: Day 1	Cardio: 20 Min Timed Run	Phase 1: Day 2	OFF	OFF	
7	8	9	10	11	12	13
	Phase 1: Day 1	Cardio: 20 Min Timed Run	Phase 1: Day 2	OFF	OFF	
14	15	16	17	18	19	20
	Phase 1: Day 1	Cardio: See Sheet	Phase 1: Day 2	Circuit Phase 1	OFF	
21	22	23	24	25	26	2
	Phase 1: Day 1	Cardio: See Sheet	Phase 1: Day 2	Circuit Phase 1	OFF	
28	29	30				
	Phase 1: Day 1	Cardio: See Sheet				

## **JULY 2020**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
•			1	2	3	4
			Phase 1: Day 2	Circuit Phase 1	OFF	
5	6	7	8	9	10	11
	Phase 1: Day 1	Cardio: See Sheet	Phase 1: Day 2	Circuit Phase 1	OFF	
12	13	14	15	16	17	18
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF	
19	20	21	22	23	24	2
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF	
26	27	28	29	30	31	
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF	

## **AUGUST 2020**

A0 0031 2020												
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
•						1						
2	3	4	5	6	7	8						
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF							
9	10	11	12	13	14	15						
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF							
16	17	18	19	20	21	22						
	Phase 2: Day 1	Cardio: See Sheet	Phase 2: Day 2	Circuit: Phase 2	OFF							
23	24	25	26	27	28	29						
30	31											