

# Tennis

Sports Related Warm up and Stretching Activities Prior and After the Event.



## Shoulder circles 5x in each direction (Clockwise & Counter-clockwise)

Start with your shoulders at your side. Begin to circle your shoulders clockwise 5 times and counter-clockwise 5 times. Purpose - Warm up shoulders



## Reach up 10x

Start with your arms at chest level and raise your arms all the way up and back to the start position. Repeat 10 times. Purpose - Warm up shoulders



## Reach across, 10 second stretch

Reach left arm across the chest, and with the right arm, pull the left further across until you feel a stretch in the shoulder, hold 10 seconds. Repeat for the opposite side. Purpose - Stretch lateral shoulder



## Reach back, 10 second stretch

Place both hands behind the back and grasp your hands. Begin to lift your hands off of your back until a stretch is felt in the front of your shoulders, hold for 10 seconds. Purpose - Stretch anterior shoulder



## Jumping Jacks 10x

Start with feet together and hands at your sides. End with feet apart and hands clapped together. Repeat 10 times. Purpose - To warm up the arms and legs, as well as increase heart rate and warm up the body.



## Mountain climbers 10x

Start with your hands on the ground, left leg forward with knee to chest and right leg back. In a quick motion, switch leg positions. The count for each cycle is 1,2,3-1. 1,2,3-2. 1,2,3 - 3 counting up to 10. Purpose - Warm up legs, arms, activate core muscles, & stretch Achilles tendons.

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### Calf Stretch 30 seconds

On your hands and feet, begin a left calf stretch on ball of foot bringing the heel to the ground. Place the right foot over the left ankle; hold the stretch for 30 seconds. Switch sides and repeat. Purpose - Calf muscle and Achilles stretch, warm up shoulders, activate core muscles.



### Alternate Calf Stretch 30 seconds

Start with right foot approximately 18" from wall or fence with toes pointing directly forward, bring the left foot forward and lean into the wall. Keep the right knee straight and hold the stretch for 30 seconds. Repeat with the left leg. Purpose - Calf muscle and Achilles stretch.



### Toe Touches 10x

Start with feet shoulder width apart, hands on your hips, reach down towards the toes. If you can reach, touch the floor in between your feet by the toes, then touch 1" behind, and again 1" behind that for a count of 3. (1,2,3-1, 1,2,3 -2, 1,2,3-3 etc...) Then, back to the starting position. Repeat this count 10 times Purpose - stretch the hamstring muscles.



### Quad Stretches - 30 seconds

Hold on to a stationary object like the wall or a fence to maintain balance. Take hold of your right foot and slowly pull your foot towards the buttocks, keep your knee down by your opposite leg, not out to the side. Repeat with the other side. Purpose - Stretch the quadriceps muscles primarily and the anterior shin muscles secondarily.