

TENNIS STRETCHES BY PAM RICHARDS, EDITED GEORGINE HURST 2016

BEFORE TENNIS, DO DYNAMIC STRETCHES, NOT STATIC. This translates to doing stretch exercises that keep your muscles moving. Do not do static exercises where you stretch a muscle and then hold it in place. That should be done **AFTER TENNIS.**

ARM CIRCLES-DELTOIDS

Straight arms make big circle in a forward motion; reverse motion; 15 times each direction

QUICK RACQUET SWINGS-OBLIQUES/DELTOIDS

Simulate the motion of quickly swinging a racquet as you pivot on opposite foot; 15 times each.

QUICK KICKS-HAMSTRINGS & GLUTES; SKIP IF YOU HAVE KNEE PROBLEMS

Standing in place or slightly jogging, bring heels up to buttocks rapidly.

HIGH STEPS-GLUTES & HAMSTRINGS

Bring knees up as high as you can, alternate right & left, keep foot flexed; baseline to net and back.

SIDE STEP SHUFFLING-INNER & OUTER THIGHS

Body facing forward, step sideways with outside foot, bring inside foot in, feet should not touch. Shuffle to the right along the net if you like, then to the left.

FORWARD LUNGE- QUADS & GLUTES

Bring 1 foot forward with back heel up, slightly bend up & down at knee, arms at side or straight out. Avoid knee extending over front foot, 15 times each.

WINDMILLS-INNER & OUTER THIGHS

Stand with feet wider than hips, feet facing forward, bend to right side with bottom sitting back, bring hands to thighs or to the ground, bend side to side; 15 times each side.

TRUNK ROTATIONS WITH RACQUET-OBLIQUES

Stand with feet shoulder width apart, twist side to side swinging arms across body, pivot on opposite foot; 15 times.

STRAIGHT LEG SWINGS-GLUTES & HAMSTRINGS- also known here as "THE LINDA"(Bowman)

Stand with feet parallel, hold onto stationary object, swing leg forward & back with flexed foot, then at a diagonal, still flexed foot; 10 times each side.

OTHER OPTIONS

Walk or bike to the courts.

Warm up on the equipment in the fitness center.