

# Functional Training For Tennis: How The Tennis Gods Play

Tennis is a physically demanding sport that requires players to have a high level of strength, power, and agility. Functional training is a type of exercise that mimics the movements you make in everyday life. For tennis players, this means exercises that will help them improve their strength, power, and agility on the court.

In this article, we will discuss the benefits of functional training for tennis players and provide a sample workout plan that you can use to improve your game.

There are many benefits to functional training for tennis players, including:



## Functional Training For Tennis (How the Tennis Gods Play) by Harvard Business Review

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- **Improved strength and power:** Functional training exercises help to strengthen the muscles that are used in tennis, such as the legs, core,

and shoulders. This can lead to improved strength and power on the court.

- **Increased agility:** Functional training exercises also help to improve agility, which is important for being able to move quickly and change direction on the court.
- **Reduced risk of injury:** Functional training exercises can help to reduce the risk of injury by strengthening the muscles and improving balance.
- **Improved overall fitness:** Functional training is a great way to improve your overall fitness, which can lead to better performance on the court and in other areas of your life.

The following is a sample functional training workout plan that you can use to improve your game:

### **Warm-up:**

- Jumping jacks
- High knees
- Butt kicks
- Lunges
- Push-ups

### **Exercises:**

- **Squats:** Squats are a great exercise for strengthening the legs and core. To do a squat, stand with your feet shoulder-width apart and

lower your body down until your thighs are parallel to the ground. Keep your back straight and your knees aligned with your toes.

- **Lunges:** Lunges are a great exercise for strengthening the legs and glutes. To do a lunge, step forward with one leg and lower your body until your back knee is close to the ground. Keep your front knee aligned with your ankle.
- **Push-ups:** Push-ups are a great exercise for strengthening the chest, shoulders, and triceps. To do a push-up, start in a plank position with your hands shoulder-width apart. Lower your body down until your chest touches the ground and then push back up to the starting position.
- **Rows:** Rows are a great exercise for strengthening the back and biceps. To do a row, stand with your feet shoulder-width apart and hold a dumbbell in each hand. Bend over at the waist and row the dumbbells up to your chest.
- **Planks:** Planks are a great exercise for strengthening the core and improving stability. To do a plank, start in a push-up position with your forearms on the ground. Hold this position for as long as possible.

### **Cool-down:**

- Stretching
- Foam rolling

### **Frequency:**

Aim to do this workout 2-3 times per week.

## Progression:

As you get stronger, you can increase the weight you are using or the number of repetitions you are doing.

Functional training is a great way to improve your strength, power, and agility on the court. By incorporating functional training exercises into your routine, you can take your game to the next level.

Here are some additional tips for getting the most out of your functional training workouts:

- **Start slowly and gradually increase the intensity and duration of your workouts.**
- **Focus on proper form.**
- **Listen to your body and take rest days when you need them.**
- **Be patient and consistent with your workouts.**

With time and effort, you will see a significant improvement in your tennis game.



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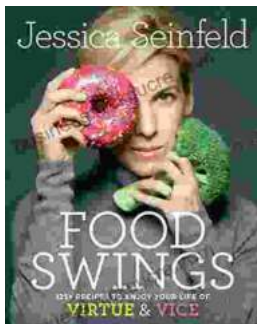
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