

30 Day Tennis Fitness Challenge

Day 1 Push-ups 15 Triceps dips 6 Lunges 20 Plank 20 seconds	Day 2 Push-ups 16 Triceps dips 8 Lunges 25 Plank 25 seconds	Day 3 Push-ups 17 Triceps dips 10 Squats 20 Crunches 20	Day 4 Push-ups 18 Triceps dips 12 Squats 25 Crunches 25	Day 5 Rest
Day 6 Push-ups 19 Triceps dips 14 Lunges 30 Plank 30 seconds	Day 7 Push-ups 20 Triceps dips 15 Lunges 35 Plank 35 seconds	Day 8 Push-ups 21 Triceps dips 15 Squats 30 Crunches 30	Day 9 Push-ups 22 Triceps dips 15 Squats 35 Crunches 35	Day 10 Push-ups 23 Triceps dips 16 Squats 40 Crunches 40
Day 11 Rest	Day 12 Push-ups 24 Triceps dips 17 Lunges 40 Plank 40 seconds	Day 13 Push-ups 25 Triceps dips 18 Lunges 40 Plank 45 seconds	Day 14 Push-ups 26 Triceps dips 19 Squats 45 Crunches 40	Day 15 Push-ups 27 Triceps dips 20 Squats 45 Crunches 40
Day 16 Push-ups 28 Triceps dips 20 Squats 45 Crunches 40	Day 17 Rest	Day 18 Push-ups 29 Triceps dips 21 Lunges 45 Plank 50 seconds	Day 19 Push-ups 30 Triceps dips 22 Lunges 45 Plank 55 seconds	Day 20 Push-ups 31 Triceps dips 23 Lunges 50 Plank 60 seconds
Day 21 Push-ups 32 Triceps dips 24 Squats 50 Crunches 45	Day 22 Push-ups 33 Triceps dips 25 Squats 50 Crunches 50	Day 23 Rest	Day 24 Push-ups 34 Triceps dips 25 Squats 50 Crunches 50	Day 25 Push-ups 35 Triceps dips 25 Lunges 50 Plank 65 seconds
Day 26 Push-ups 36 Triceps dips 25 Lunges 50 Plank 70 seconds	Day 27 Push-ups 37 Triceps dips 25 Lunges 50 Plank 75 seconds	Day 28 Push-ups 38 Triceps dips 25 Squats 55 Plank 80 seconds	Day 29 Push-ups 39 Triceps dips 25 Squats 55 Plank 85 seconds	Day 30 Push-ups 40 Triceps dips 25 Squats 60 Plank 90 seconds

- Tennis is a physical sport – be fit!
- Check with your physician before starting any exercise program
- Use correct form
- If you cannot reach the goal for each day do as many as you can

www.highschooltenniscoach.com

www.mytennisstrategy.com

