

Dynamic Stretching (8-10 minutes)

These exercises will warmup the entire body and prepare you for more vigorous and demanding movements on the tennis court. Perform each exercise for 1 minute, these exercises are to be done in motion, not statically.

1. **Hip stretch**- Pull the knee up into the chest and hold for 1 second before switching sides.



2. **Leg swing**- swing your leg with the knee straight as you reach for your foot with the opposite hand, only go as high as is comfortable. Perform this for 30 seconds each leg.



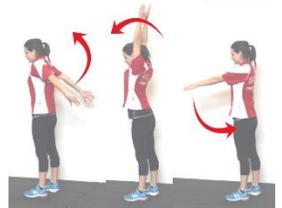
3. **Windmills**- place the feet wide and reach out to the side, twist and bend reaching for the opposite foot one at a time. Work to maintain a flat back and fold from the hips.



4. **Side lunge**- place the feet wide apart with toes slightly turned out. Bend one knee and shift body weight to that side while keeping the other leg straight. Alternate sides.



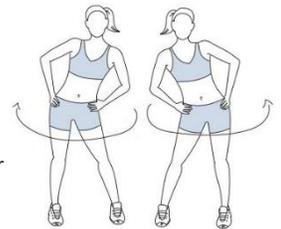
5. **Full range arm circles**- Start slowly and smoothly and with a small circle at first. If you have shoulder pain, the goal is to improve the pain free range of motion of the joint. Do 30 seconds each direction.



6. **March in place**- bring your knees up high into your chest and swing your arms from the shoulder. Push off from the balls of your feet to use your calves and get your ankles moving as well. Keep up a brisk pace.



7. **Hip circles**- Imagine you are doing a hoola hoop, turn your hips in big circles, starting with small circles and going slowly. Place your hands on your hips with your feet shoulder width apart. Go 30 seconds each direction.



8. **Side leg swing**- Just like exercise #2 but from side to side. Face a wall or something to help with balance. Swing your leg from left to right in front of your standing leg, allowing your hips to turn as needed. Start slowly and at a low height and gradually increase your speed and height.



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Cooldown Stretching (about 8-10 minutes)

Do each of these exercises in order for at least :30 each side. Gradually ease into each movement and do not strain to push past your normal stopping point. You should feel a stretching sensation but still be able to breath normally through the stretch. Gently increase the depth of your stretch if possible as time passes but don't force it.

1. **Standing quad stretch**- Stand tall with your feet hip-width apart, pull your abdominals in, and relax your shoulders. Bend your left leg, bringing your heel toward your butt, and grasp your left foot with your right hand. Switch legs and repeat the stretch.



2. **Hamstring stretch**- Place one foot in front of the other, you will be focusing on stretching the front leg. Keep the front leg straight, it is not important how far down you can go, only how much of a stretch you can feel. Focus on tilting the pelvis forward and folding from the waist like a bow. Strive to keep your lower back flat without rounding over. Repeat both sides.



3. **Chest stretch**- Place your hands behind your back and clasp your hands together or interlace your fingers. Straighten your arms as much as possible and roll your shoulders back. If you are very flexible, take your hands away from your lower back (as pictured) for an additional stretch. Do 2 sets of 30 seconds with a brief rest.



4. **Tricep stretch**- Reach overhead then down your back, pointing your elbow at the ceiling. Grab that elbow with your other hand and pull it towards your opposite shoulder and behind you.



5. **Groin stretch**- Sit on the floor with the bottoms of your feet together. Hold on to your feet and pull your knees toward the floor. Sit up straight and breath normally. Do 2 sets of 30 seconds



6. **Lunge with reach**- Stretch out your stance into a lunge position. Stay tall with a long spine and keep your tailbone tucked. reach overhead with the arm that is on the same side as the back leg. Bend and reach to the opposite side to accentuate the stretch. Do both sides.



7. **Shoulder stretch**- Place your hands about chest height on a wall. Push your hips back and make your spine long with arms straight. Keep your knees bent and drop your chest towards the floor. Do 2 sets of 30 seconds.



8. **Calf stretch**- Place your hands on a wall and straight your arms, and put one leg forward. The forward leg knee should be bent and the back leg knee kept straight. Keep the heels touching the floor on both legs, toes pointed forward. Shift your hips forward to stretch the back leg calf. If you don't feel a stretch, take the back leg farther behind you. Repeat on the other side.



If you are interested in trying out our program and seeing what we can do, please email our fitness director Jared for a 100% FREE fitness assessment. He can be reached at jared@giammalva.com