

## Easy Leg Power Training Program For Tennis Players

It struck me whilst training in the gym the other day that everybody I saw was training their upper body (yes I do train myself, it's not just a rumour).

Not only is this definitely all about looking good, as tennis players and sportspeople this just does not make any sense at all.

Think about it for just a minute.

How often are you using your upper body when you are playing?

A lot of the time – turning, twisting, hitting etc.

How often are you using your feet and legs when you play?

**ALL OF THE TIME!!**

You should never forget that all tennis shots should start from the ground, meaning that you are relying on your legs (and feet) to not only get you to every shot but to initiate the movement that ends up with you striking the ball with your racket.

Just watch all the top players, Federer, Nadal, Williams, Sharapova next time to see their footwork and their knee bend before and after every shot!

If you can shift the emphasis of your tennis fitness training over to your legs just a little bit you will see massive improvements in your game!!

**What You NEED To Do Next!**

Using jump training (plyometrics) is a fantastic way to improve the power and speed in your legs (especially calf muscles) and therefore your game.

Here is a really simple way for you to get plyometrics into your tennis training that does not involve any equipment or weights and therefore can be done anywhere anytime.

**The Program**

This is an 8-week programme that you will perform twice per week with no less than 48 hours (preferably more) between each session.

Muscle soreness is normal (especially early on as you get used to it).

You need to execute a thorough dynamic warm up before you perform this and every workout.

You will perform 2 circuits of the following exercises with a 5 minute rest period in between each circuit.

Your recovery will be a walk back after every exercise.

Using a tennis court for a guide, here are the progressions you should make.

Level 1 - Singles sideline to singles sideline.

Level 2 – Doubles sideline to doubles sideline.

Level 3 – Baseline to opposite service line.

Level 4 – Baseline to baseline.

So...

Weeks 1 and 2: Level 1

Weeks 3 and 4: Level 2

Weeks 5 and 6: Level 3

Weeks 7 and 8: Level 4

The jumps:

Linear (Forwards)

1. Two footed with feet facing forward.
2. Two footed with feet turned inwards.
3. Two footed with feet turned outwards.
4. Two footed "in-outs". (Start on toes with feet turned inwards, jump forward and turn your feet outwards so that heels touch, jump forward back into the starting position and so on).

Lateral/Sideways

1. Two footed jumps moving sideways to the left with feet facing forward (then right).
2. As above feet pointing inwards.
3. As above feet pointing outwards.
4. As above performing "in-outs".

This program will get you moving better as well as drastically improving your balance, agility and speed of the mark (quickness).

Don't say I didn't warn you :-)

**About the Author**

For your FREE Top 10 Tennis Training Tips E-Course go to <http://www.tennis-training-central.com/tennistrainingtips.html>

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