



## Tennis Conditioning Workout Routine

Exercise	Set 1	Set 2	Set 3
3sets, 12-14 reps:			
<b>Cable internal rotation dumbbells</b>			
<b>One arm shoulder press with dumbbell</b>			
<b>Hammer curls with dumbbells</b>			
<b>Wrist curl palms down</b>			
<b>Rear deltoid shoulder raises</b>			
<b>One leg barbell squat</b>			
<b>Reverse lunges with dumbbells</b>			
<b>Ab crunches on stability ball</b>			
<b>Medicine ball wood chopper</b>			

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)