



[AthleticQuickness.com/tennis](http://AthleticQuickness.com/tennis) - Tennis Speed Instructions

## "You Are About to Experience The Fastest and Easiest Way to Increase Your Tennis Speed"

Like thousands of others you can start training in midseason and see improved performance in days!



The *Tennis Training Program* consists of 5 specific running speed exercises as well as 5 racket speed exercises.

Your objective is to see if just **one of these simple three-minute exercises, the thigh flexor**, dramatically improves your court speed in less time than any other program out there.

**Here's How to get started:**

- 1. Get a resistance band or two.** We recommend the Cando Resistance Band because we believe it's elasticity is best suited for these exercises, plus they are inexpensive.

Check Target, Walmart or a local sporting goods store or order online at [www.AthleticQuickness.com/order.asp](http://www.AthleticQuickness.com/order.asp) . Go towards the bottom of the page and click on the link that says “Order the resistance bands”. Select a red for light resistance, green for medium resistance or blue for heavy resistance. If you get two bands you can combine them for additional resistance. It will cost about \$4.50 per band and there is no shipping charge for bands. Delivery is about 3 days.

- 2. Review the material in this document.**
- 3. Time yourself in the 40 or 60 record your time on the Progress Chart on page 5.**
- 4. Do the exercise as demonstrated in the video for 2 weeks according to the schedule provided. You will exercise only 6 times for just a few minutes each session.**
- 5. Time yourself again in the 40 or 60 and record your new time on the Progress Chart.**
- 6. Start feeling really great about how much faster you are now then you were 2 weeks ago.**

## HOW TO GET THE MOST FROM THIS PROGRAM.

The isometric training exercises are very fast and easy to do. So before you begin, keep in mind the following helpful tips:

*Tip #1:* Perform approximately five minutes of light stretching for the muscles in your thighs and legs before starting these exercises.

*Tip #2:* Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises.

*Tip #3:* Do not strain. Only 60-70 % of your strength is all that is required to achieve maximum results. Hold the position for 10 – 15 seconds. If you can hold the position for up 25 – 30 seconds you need more resistance.

*Tip #4:* Isometric exercises are to be done with normal breathing. Do not hold your breath during the exercises as this may cause a sudden increase in blood pressure and/or light-headedness.

*Tip #5:* If you experience any discomfort during these exercises, ease off just a little bit. If the discomfort persists, consult with your physician before continuing.

*Tip #6:* It doesn't matter what time of day you exercise. However, your body will respond the best if you choose the same time each day to train.

*Tip #7:* Do not over-train. Only do what is recommended here in this program.

*Tip #8:* If at all possible, do not do any other exercises (weights, plyometrics etc.) during the first fourteen days of training. Note: If you happen to be currently involved with weight training and/or plyometric training for your legs, such as squats, leg extensions, hamstring curls etc., performing our exercises for just two weeks may not yield the results you are looking for. This is usually due to the intense fatiguing of the muscles caused by these routines, which is counter-productive to muscle contraction speed. Therefore, we encourage those involved in weights and plyometrics to allow an additional two weeks of training before drawing any conclusions relative to our program.

*Tip #9:* Pay close attention to the way your body position is described as the correct positioning is needed to isolate specific muscle groups during each exercise.

*Tip #10:* The best way to increase your resistance for these exercises is to add more bands or use a heavier band. The best ones to use are the red, green and blue colored bands. By using any one or more of these, you can increment upwards to the proper resistance level that is specific to your strength

One final tip - have fun with this program. You might not even break a sweat!

**IMPORTANT REMINDERS:** Under ideal circumstances, all of the AthleticQuickness.com speed training programs recommend that you do not participate in any other types of training (weights, plyos, etc.) during the initial 14-day period. This is done to maximize your speed results quickly and will help eliminate any potential outside interference from strength training that might negatively affect your speed performance. It will also allow you to accurately assess the value of our programs.

If you are currently involved in a weight training or plyometrics training program and cannot put that on hold for 2 weeks then read the tips on this web page:  
[www.athleticquickness.com/page.asp?page\\_id=91](http://www.athleticquickness.com/page.asp?page_id=91)

**IMPORTANT NOTICE:** As with any exercise program, before performing this exercise, consult with your physician.

**CAUTION:** Make absolutely certain that the object you tie your exercise band around is really immovable. Also make sure that the immovable object does not have any rough or sharp edges as this will cause your exercise band to tear. Serious injury may result if the object gives way and/or the resistance band snaps back and hits you.

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***“With your newly conditioned leg muscles, especially your thigh flexors, you should feel your legs springing effortlessly forward when you go for that extra burst of speed!”***

## PROGRESS CHART

Name \_\_\_\_\_ Date Started \_\_\_\_\_

**STEP 1: Record your fastest time in one or more of the following before starting this program:**

40 yard dash \_\_\_\_\_ seconds.

60 yard dash \_\_\_\_\_ seconds.

100 meter dash \_\_\_\_\_ seconds.

400 meter dash \_\_\_\_\_ seconds.

\_\_\_\_\_ Other \_\_\_\_\_ seconds.

**STEP 2: Complete the 14-day program for your thigh flexor muscles only (see the training schedule on the following page). Remember, your thigh flexor muscles make up only 1/5 of the court speed portion the Tennis Training Program, however, our experience has shown that even this one exercise delivers more speed potential than a lot of other programs combined!**

**STEP 3: Perform the same sprint(s) as in STEP 1. When you are finished, record your fastest time and note the improvement.**

40 yard dash \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds.

60 yard dash \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds.

100 meter dash \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds.

400 meter dash \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds.

Other \_\_\_\_\_ seconds, Improvement \_\_\_\_\_ seconds.

**Date Completed** \_\_\_\_\_

**Optional:** To gain as much speed as possible, include all of the exercises in the *Tennis Training Program* and continue to train three times a week for the next several months or until your speed levels off. Then watch the Afterburner Video which will show you how to modify the exercises for additional improvements in your performance.

## Use the Checklist and Schedule Below to Document Your Daily Isometric Speed Training Exercises:

For each scheduled day, exercise your thigh flexor muscles 6 times as follows:

- |  |
|--|
| 1. <b>Right</b> thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds. |
| 2. <b>Left</b> thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds.  |
| 3. <b>Right</b> thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds. |
| 4. <b>Left</b> thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds.  |
| 5. <b>Right</b> thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds. |
| 6. <b>Left</b> thigh flexors exercise; Hold position as shown for 10-15 seconds. Rest 15 seconds.  |

**Note:** You will be exercising your right and left thigh flexor muscles three times each per day. That's it. No more, no less. And do them on the days numbered 1, 3, 5, 8, 10 and 12 as shown on the chart below:



The Thigh Flexor Exercise from the video

### Training Schedule for the Thigh Flexor Exercise

Place a ✓ on the line when finished.	Thigh Flexors Table 1	Hamstring Muscles Table 2	Thigh Extensors Table 3	Adductor Muscles Table 4	Abductor Muscles Table 5
Day #1	_____	_____	_____	REST	REST
Day #2	REST DAY	REST	REST	_____	_____
Day #3	_____	_____	_____	REST	REST
Day #4	REST DAY	REST	REST	_____	_____
Day #5	_____	_____	_____	REST	REST
Day #6	REST DAY	REST	REST	_____	_____
Day #7	REST DAY	REST	REST	REST	REST
<b>End Training Week #1</b>					
Day #8	_____	_____	_____	REST	REST
Day #9	REST DAY	REST	REST	_____	_____
Day #10	_____	_____	_____	REST	REST
Day #11	REST DAY	REST	REST	_____	_____
Day #12	_____	_____	_____	REST	REST
Day #13	REST DAY	REST	REST	_____	_____
Day #14	REST DAY	REST	REST	REST	REST
<b>End Training Week #2</b>					
<b>Now Time Yourself and Record Your Fastest Times</b>					