

LOOPS LOCKDOWN S&C PROGRAM

WARM-UP
50 x jumping jacks

DYNAMIC STRETCHING
Head to toe circles
- Neck, shoulders, elbows, wrists, hips, knees, ankles 20 x both directio

STRENGTH & CONDITIONING			
1. Knee push ups	2 mins	60 secs	Shoulders, hips, knees in line.
2. Bear crawls	2 mins	60 secs	4 steps forwards, 4 steps backwards
3. RKC plank	1 min	60 secs	Push away from the floor
4. Side plank	1 min/each side	60 secs	
5. Ice skaters	2 mins	60 secs	Slow control movement
6. Air squat jumps	2 mins	60 secs	Knees in line with toes

COOL-DOWN/ STRETCHING	
Upper body stretches	Hold stretches for 40 secs
Quads, hamstrings, hip flexors	Hold stretches for 40 secs
Cobra position	Hold stretches for 40 secs

LOOPS LOCKDOWN ON TABLE PROGRAM

WARM-UP
FOREHAND DRIVE x 100 EITHER WITH ROBOT OR SHADOW IN FRONT OF MIRROR
BACKHAND DRIVE x 100 EITHER WITH ROBOT OR SHADOW IN FRONT OF MIRROR

TECHNIQUE
FOREHAND (FH) TOPSPIN (TS) x 100 FROM BACKSPIN (BS)
BACKHAND (BH) TOPSPIN x 100 FROM BACKSPIN
FOREHAND TOPSPIN x 100 FROM FLAT (FL)
BACKHAND TOPSPIN x 100 FROM FLAT
FOREHAND TOPSPIN x 100 FROM TOPSPIN
BACKHAND TOPSPIN x 100 FROM TOPSPIN

COMBINATIONS		
FH TS FROM BS, TP & FL	30 reps	Change TS arc and body movement, hitting cross court only.
BH TS FROM BS, TP & FL	30 reps	
FH TS FROM BS & BH FROM TS	60 reps	Include sidestep footwork
BH TS FROM BS & FH FROM TS	60 reps	
IN & OUT FH PUSH FROM SHORT FH + TS FROM MIDDLE FROM BS	60 FH TS reps	Control movement and keep head down for push
	60 BH TS reps	

REMINDERS				
GRIP	USE A MIRROR	USE A MIRROR	SERVICE PRACTICE	IMAGINATION
BIOMECHANICS	USE A CAMERA	WATCH TT ONLINE	BALL CONTROL	SKIPPING & JUMPING