

Sample 10 Stage Warm Up of Irish Pro Tennis Player Jenny Claffey devised by Jake Nalepa PT

See Full Video on <http://www.robcherrytennis.com/>

N.B. The following warm up can be used by any level of player and any age!

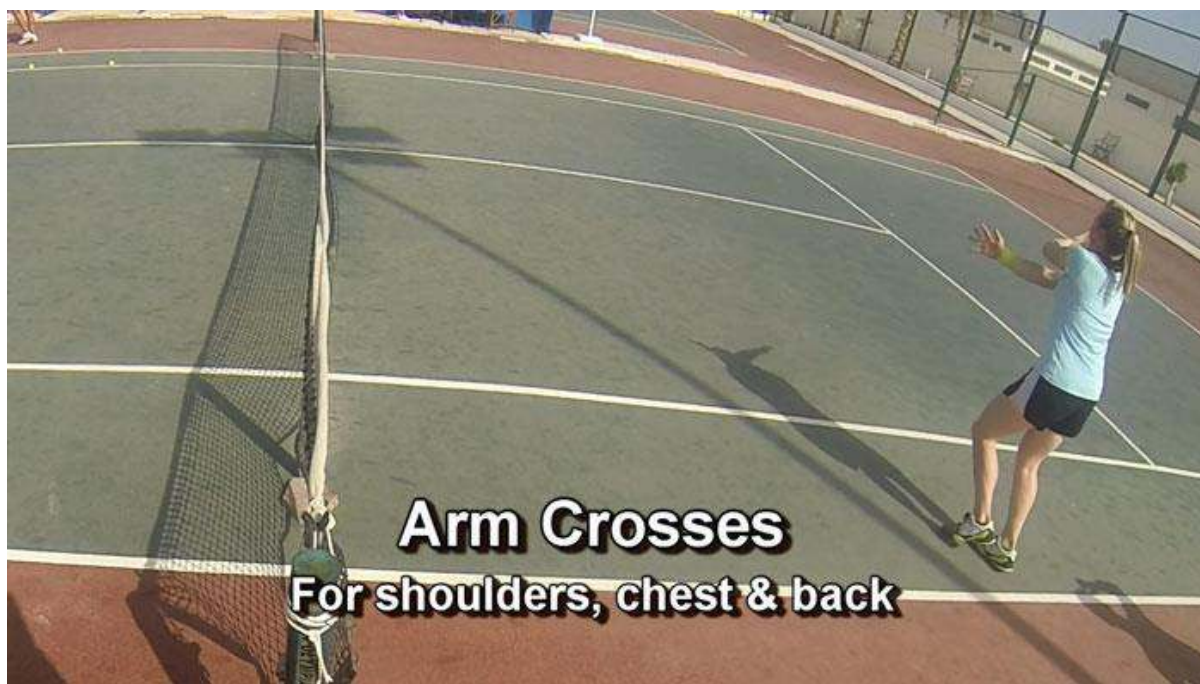
Exercise 1: Jogging across the court over & back twice



Exercise 2: Starting with small circles into large circles, forwards & backwards



Exercise 3: Cross arms and then out to the side



Exercise 4: Arms above head & then behind back



Exercise 5: High knees performed slowly by doing a small jog in between alternating legs



Exercise 6: High Knees Dynamic, continuously raising your knees



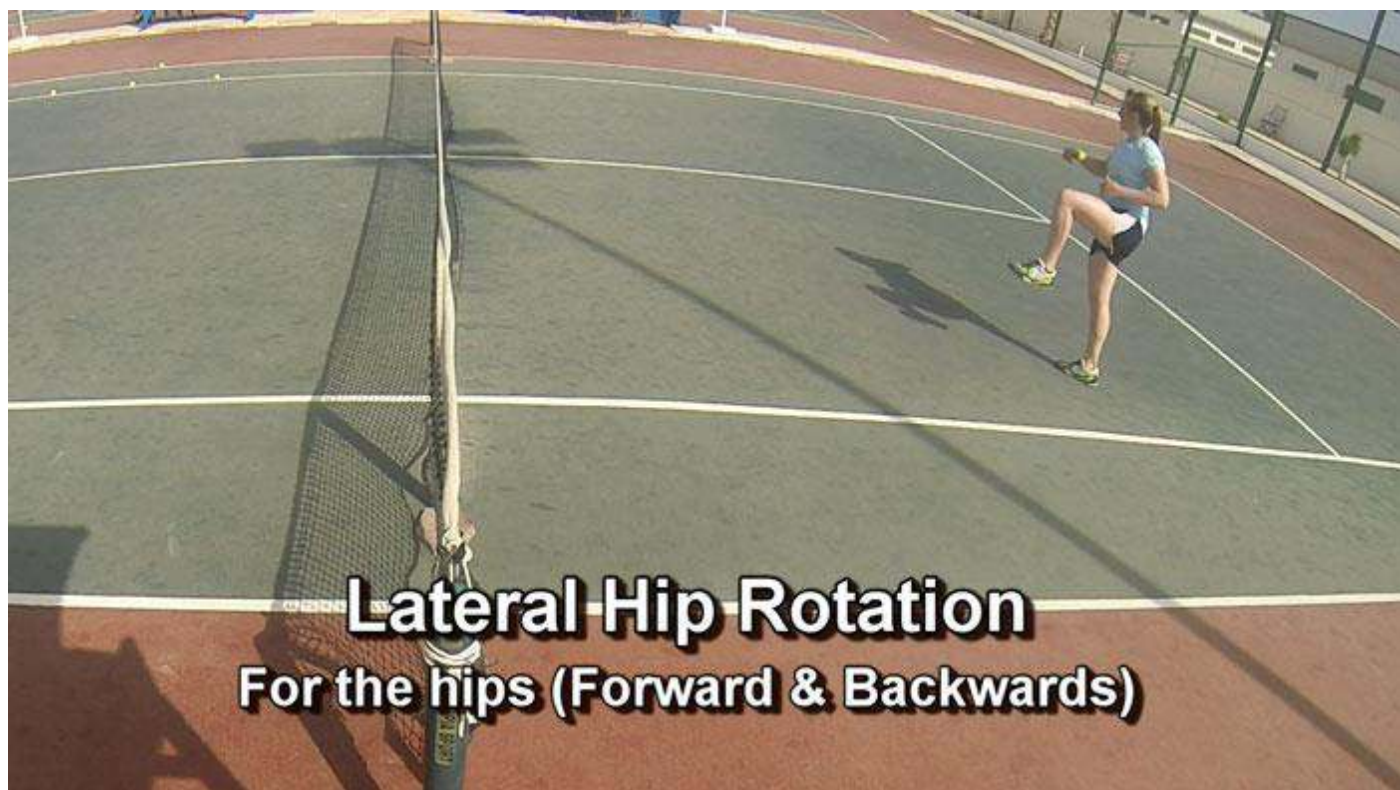
Exercise 7: Bring your heel up towards your buttocks, continuously alternating feet



Exercise 8: Raise your leg trying to keep it as straight as possible. Alternate legs.



Exercise 9: Bring your knee out to the side & then to the front. Forwards & backwards.



Exercise 10: Sidestepping over and back across the court whilst trying to stay low

