



# Circuit Training

50 - 60% of 1 RM

**TENNIS**CONDITIONING<sup>TV</sup>

	Exercise	Sets	Reps	Rest (sec)	Work	Duration
1	Squat	1	20	15	1m 0s	1m 15s
2	Military Press	1	20	15	1m 0s	1m 15s
3	Toe Touches	1	20	15	1m 0s	1m 15s
4	Lateral Lunges	1	20	15	1m 0s	1m 15s
5	Bend Over Row	1	20	15	1m 0s	1m 15s
6	Russian Twist	1	20	15	1m 0s	1m 15s
7	Lunges	1	20	15	1m 0s	1m 15s
8	Upright Row	1	20	15	1m 0s	1m 15s
9				<b>Total Duration:</b>	<b>8m 0s</b>	10m 0s

### Notice

Neither the publisher nor the author(s) assumes any responsibility for any loss or injury and/or damage to persons or property arising out of or related to any use of the material contained in this workout. It is the responsibility of the treating practitioner/coach, relying on independent expertise and knowledge of the athlete, to determine the best treatment and method of application for the athlete.