

Dynamic Leg Warm Up for Beginners

TENNISCONDITIONING^{TV}



	Exercise	Sets	Reps	Rest (sec)	Work	Duration
1	High Knee Pull	1	10	10	0m 30s	0m 40s
2	Buttocks Kicks	1	10	10	0m 30s	0m 40s
3	Straight Leg Kicks	1	10	10	0m 30s	0m 40s
4	Forward & Reverse Lunge	1	10	10	0m 30s	0m 40s
5	Bilateral Lunges	1	10	10	0m 30s	0m 40s
6				Total Duration:	2m 30s	3m 20s

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