

Leg Warm Up for Advanced Athletes



TENNISCONDITIONING^{TV}

	Exercise	Sets	Reps	Rest (sec)	Work	Duration
1	High Knee Pull w. Dorsi Flexion	1	10	10	0m 30s	0m 40s
2	Single Leg RDL & Quad Stretch	1	10	10	0m 30s	0m 40s
3	Cross-Over Lunge	1	10	10	0m 30s	0m 40s
4	Bilateral Lunge w. Trunk Rotation	1	10	10	0m 30s	0m 40s
5	Duck Walk	1	10	10	0m 30s	0m 40s
6				Total Duration:	2m 30s	3m 20s

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