



DYNAMIC STRETCH WARM-UP

One of the most neglected aspects of a tennis player's game is their warm-up and preparation before play. Most players get out of their car, jump on the court, and begin hitting balls. It is so important for injury prevention, flexibility, and early success that you stretch before you play. I am a big fan of dynamic stretching (performing movements similar to those you will perform in your workout or match) before play and static stretching (holding a particular stretch for periods of time) after play or workout. It is important to go for a jog before your dynamic stretch to help warm the body up.

You want to be warm, lubricated, and have a nice sweat going before you start to hit balls. It has always been my observation that those who are warmed up the best get early momentum in competition.

Research on the dynamic stretching approach to warm-up continues, but more experts agree that dynamic stretching is the better approach to include in a warm-up routine before a workout or competition.

Keep in mind that any stretching, whether dynamic or static, done incorrectly, increases risk for injury. Talk with your athletic trainer or coach about the best approach to warm-up for your workout or competition. Below is a sample of my personal Dynamic Stretching Routine.

- Begin with jogging two laps around two courts
- Regular Jumping Jacks
- Jumping Jacks with Regular Feet and Arms Out in Front Up and Down
- High Knees in place (30 secs)
- Fast High Knees in place (30 secs)
- High Straight Leg Kicks to Opposite Hand in place (30 Secs)
- Butt Kicks in place (30 Secs)
- Karaoke Left (30 Secs)
- Karaoke Right (30 Secs)
- Lunges in place (30 Secs)
- Soft Jumps in place (30 Secs)
- Jog in place (30 Secs)
- ½ Sprint in place (30 Secs)
- Full Sprint in place (30 Secs)
- Arm Wind Mills (20 Secs small forward fingers up, 20 Secs small back fingers up, 20 Secs large forward fingers down, 20 Secs large back fingers down)

REMEMBER TO STATIC STRETCH POST-WORKOUT