

Tennis Ball & Bodyweight

Complex 1

Stability Emphasis

Perform each move for 60 seconds with no rest between moves:

	Exercise	Work	Rest
a	Tennis Ball Split Squat Multi-Level ISO Dribbles <i>Left/Weak Side</i>	60s	0s
b	Tennis Ball Split Squat Multi-Level ISO Dribbles <i>Right/Strong Side</i>	60s	0s
c	Tennis Ball Plank Dribbles <i>30 seconds/side</i>	60s	0s

Rest 30-60 seconds. Move on to Round 2.

Complex 2

Agility Emphasis

Perform each move for 90 seconds with no rest between moves:

	Exercise	Work	Rest
a	Tennis Ball Boxing Footwork Dribbles <i>Southpaw Stance</i>	90s	0s
b	Tennis Ball Boxing Footwork Dribbles <i>Orthodox Stance</i>	90s	0s

Rest 30-60 seconds. That's 1 cycle. Do 2-4 total cycles.

