

# AUGUST 2014 • QUICK SUMMER #TENNISFITNESS

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Show off your Summer Tennis Fitness on Facebook and Instagram! I'll have check-ins on the Tennis Fixation Facebook page and @TennisFixation on Instagram with hashtags:  
 #tennisfitness #summertennis #tennisfixation  
 Hope to see your check-ins too!

					1 30 Squats	2
3	4 30 Lunges	5 100 Jumping Jacks	6 20 Push-Ups	7 5 Minutes Jump Rope	8 1 Minute Plank	9
10	11 40 Squats	12 40 Lunges	13 125 Jumping Jacks	14 25 Push-Ups	15 6 Minutes Jump Rope	16
17	18 2 Minute Plank	19 50 Squats	20 50 Lunges	21 150 Jumping Jacks	22 30 Push-Ups	23
24	25 7 Minutes Jump Rope <i>US Open Starts!</i>	26 3 Minute Plank	27 60 Squats	28 60 Lunges	29 200 Jumping Jacks	30

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PLEASE FOLLOW THESE GUIDELINES: Give a boost to your tennis play with these simple bodyweight exercises • Modify these exercises as needed and perform them safely • Break the exercises up into sets as needed (4 sets of 5 push-ups = 20 push-ups) • On weekends, enjoy yourself! Play tennis or do a workout of your choice • And get a good night's sleep every night!



GET MORE TENNIS TIPS AT [TENNISFIXATION.COM](http://TENNISFIXATION.COM)