<table>
<thead>
<tr>
<th>DAY</th>
<th>SHORT TENNIS</th>
<th>WINTER BREAK</th>
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<tbody>
<tr>
<td>MON</td>
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</tbody>
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### Depth Drop to Vertical Jump
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### Broad Jump
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### Loose Ball Vertical Throw
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### Loose Ball Forward Throw
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### Loose Ball Backward Throw
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### DYNAMIC WARM-UP
- Monday: 15-20 min
- Tuesday: 8-10 min
- Wednesday: 10 min
- Thursday: 10 min
- Friday: 10 min

### MOBILITY WORK
- Monday: Side Plank (Anterior-Lateral Flex.)
- Tuesday: Side Plank (Anterior-Lateral Flex.)
- Wednesday: Side Plank (Anterior-Lateral Flex.)
- Thursday: Side Plank (Anterior-Lateral Flex.)
- Friday: Side Plank (Anterior-Lateral Flex.)

### SL APPS
- Monday: Front Plank (Anti-Extension Core)
- Tuesday: Front Plank (Anti-Extension Core)
- Wednesday: Front Plank (Anti-Extension Core)
- Thursday: Front Plank (Anti-Extension Core)
- Friday: Front Plank (Anti-Extension Core)

### GIBLET SQUAT
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### SL STEP UP W/ LOAD
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### DB RDL
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### DB GOBLET SQUAT
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### DB HIP LIFT
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### SUPERMAN HOLD
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### SL FORWARD FOLD W/ QLT
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)

### SL FORWARD FOLD
- Monday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Tuesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Wednesday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Thursday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)
- Friday: 4x5 (3x5 ea. with 10-sec hold every 30 sec)