

## **Suggested warm ups for your tennis game coming into the colder months!**

1. 3/5 mins on the exercise bike at a comfortable speed at low intensity. .a good gauge is 'you should be breathing at a rate where you can keep light conversation with person next to you'  
This will bring your heart rate up and increase the blood flow around the body and into your muscles.
2. You could do 1/2 minutes of light skipping. This is actually good for footwork for tennis anyway!
3. Light mobility exercises i.e. Starting with your shoulders and working down through the body:-

Circle your arms around making large circles and mobilising your shoulders,

Standing with one arm against a wall and then swinging one leg forward and back while standing on the other leg,

Stand facing a wall with two arms stretched out to the wall then swing one leg from side to side going across the leg your standing on and then out to the side.  
(These two exercises mobilise your hip joints),

Circle both feet and ankles in clockwise and anti-clockwise directions,

Do a small bit of LIGHT Stretching! (Static stretching ie. holding stretches for long periods of time is not recommended directly before or after training. Static stretching is best done at least 2 hrs either side of exercise. This type of stretching is certainly very important and will increase your flexibility, improve your performance/play and will also prevent injury long term.

**ALL THIS SHOULD TAKE APPROXIMATELY ONLY 10 MINS**

Hope this helps. Not only will you prevent injury but you will also increase your performance out on the court!

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