



tennismd™
health = performance™

Your Best Tennis in 10 Weeks

The TennisMD Fitness Challenge

The health and fitness experts at TennisMD have created this 10-week Fitness Challenge with two things in mind: Improving your health and your game. Each week features drills that focus on a specific aspect of your health. Therefore, each routine should be added to the previous weeks routine creating in a robust exercise program.

By accepting this Fitness Challenge you've committed to improving your health ultimately resulting in the best tennis of your life.

For more information visit TennisMD.com

Note: Please consult your physician or health professional before starting this or any fitness program. If at any time during this program you feel pain, stop and if pain persists, consult your physician or health professional.

Week 9: Dynamic Visual Acuity, Keep Your Eyes on the Ball.

Evaluation and Exercise 1



Fig.1



Fig.2



Fig.3



Fig.4

(Fig.1) Stand on one leg while holding racquet. Perform on both sides. (Fig.2) Perform same exercise with your eyes closed. You should be able to hold for 20 seconds. Exercise is the same are evaluation. Work up to 20 seconds and longer.

Advanced: (Fig. 3) Perform same evaluations from above while standing on a piece of firm foam with eyes open and then eyes closed (Fig.4). Work up to 20 seconds or longer and perform daily.

Exercise 2 – Dynamic Visual Acuity Training



Fig.5



Fig.6

Have an assistant hold a tennis ball or place it on the ground in front of you. While sitting on an exercise ball or a piece of firm foam on a chair, raise one leg off of the ground. While your assistant holds the ball in different locations, focus closely on the letters on the ball and begin to turn your head back and forth. Increase the speed of head turning until the letter begins to become blurry. Now, slow down just a bit until the letter appears sharp again. Perform exercise for about 10 minutes 3 times a week. If you become dizzy or feel nausea, stop until feeling subsides. Do not operate machinery or a vehicle if you feel any dizziness. Do not perform this drill within 72 hours of playing your sport. If you follow these instructions and practice this drill, you will see improved contact with the ball.