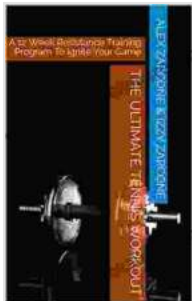


# 12 Week Resistance Training Program To Ignite Your Game



## The Ultimate Tennis Workout: A 12 Week Resistance Training Program To Ignite Your Game by Philip Ball

★★★★☆ 4.7 out of 5

Language : English  
File size : 1984 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 57 pages  
Lending : Enabled  
Screen Reader : Supported



Are you ready to take your athletic performance to the next level? If so, then this 12-week resistance training program is exactly what you need. This program is designed to help you build strength, power, and endurance, so you can perform at your best on the field or court.

### Benefits of Resistance Training for Athletes

Resistance training offers a number of benefits for athletes, including:

- Increased strength and power
- Improved endurance
- Reduced risk of injury
- Improved balance and coordination

- Enhanced athletic performance

## The Program

This 12-week resistance training program is divided into three phases:

1. **Phase 1 (Weeks 1-4):** This phase is designed to help you build a foundation of strength and endurance. You will perform exercises that target all major muscle groups, and the weights you use will be relatively light.
2. **Phase 2 (Weeks 5-8):** This phase is designed to help you build more strength and power. You will continue to perform exercises that target all major muscle groups, but the weights you use will be heavier.
3. **Phase 3 (Weeks 9-12):** This phase is designed to help you fine-tune your strength and power. You will continue to perform exercises that target all major muscle groups, but the weights you use will be even heavier.

## Exercises

The following exercises are included in this 12-week resistance training program:

- Barbell squats
- Bench press
- Deadlifts
- Overhead press
- Pull-ups

- Rows
- Bicep curls
- Tricep extensions
- Calf raises
- Planks

## Training Schedule

The following training schedule is recommended for this 12-week resistance training program:

Day	Exercise	Sets	Reps	Weight
Monday	Barbell squats	3	10-12	75% of 1RM
Monday	Bench press	3	10-12	75% of 1RM
Monday	Deadlifts	3	10-12	75% of 1RM
Tuesday	Overhead press	3	10-12	75% of 1RM
Tuesday	Pull-ups	3	10-12	Bodyweight
Tuesday	Rows	3	10-12	75% of 1RM
Wednesday	Bicep curls	3	10-12	75% of 1RM
Wednesday	Tricep extensions	3	10-12	75% of 1RM
Wednesday	Calf raises	3	10-12	Bodyweight

Day	Exercise	Sets	Reps	Weight
Thursday	Planks	3	60 seconds	Bodyweight
Friday	Barbell squats	3	8-10	85% of 1RM
Friday	Bench press	3	8-10	85% of 1RM
Friday	Deadlifts	3	8-10	85% of 1RM
Saturday	Rest			
Sunday	Rest			

## Nutrition

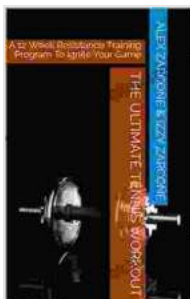
In order to get the most out of this 12-week resistance training program, it is important to eat a healthy diet. Make sure to eat plenty of protein, carbohydrates, and healthy fats. You should also drink plenty of water.

## Supplements

There are a number of supplements that can help you improve your results from this 12-week resistance training program. These supplements include:

- Creatine
- BCAAs
- Glutamine
- Beta-alanine

This 12-week resistance training program is a great way to take your athletic performance to the next level. If you follow the program consistently, you will see significant improvements in your strength, power, and endurance. So what are you waiting for? Get started today!



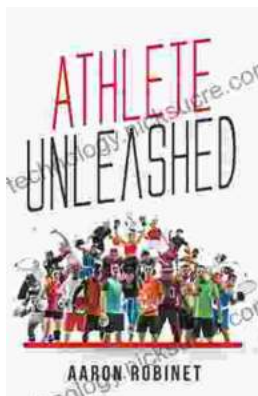
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