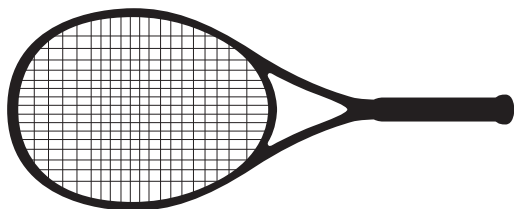


PLAY TENNIS FOREVER

A physiotherapist's guide to keeping
fitter, younger and healthier

SUZANNE CLARK



CHAPTER 9

EXERCISE RECORD TABLES

These tables can also be downloaded from
my website www.FitterForever.org

Sitting

| Exercise | Week 1 Sets/ reps | Week 2 Sets/ reps | Week 3 Sets/ reps | Week 4 Sets/ reps | Week 5 Sets/ reps | Week 6 Sets/ reps | Week 7 Sets/ reps | Week 8 Sets/ reps |
|-----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 1) wrist | | | | | | | | |
| 2) arms apart | | | | | | | | |
| 3) over-head | | | | | | | | |
| 4) diagonal pull to left | | | | | | | | |
| 5) to right | | | | | | | | |
| 6) sitting to standing | | | | | | | | |

Standing

| Exercise | Week 1 Sets/ reps | Week 2 Sets/ reps | Week 3 Sets/ reps | Week 4 Sets/ reps | Week 5 Sets/ reps | Week 6 Sets/ reps | Week 7 Sets/ reps | Week 8 Sets/ reps |
|---------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 7) right knee dip | | | | | | | | |
| 7) left knee dip | | | | | | | | |
| 8) lift heels up | | | | | | | | |
| 9) side pull right leg | | | | | | | | |
| 9) side pull left leg | | | | | | | | |
| 10) pull back left foot | | | | | | | | |
| 10) pull back right foot | | | | | | | | |
| 11) sit to stand practise | | | | | | | | |

Exercise using your stairs

| Exercise | Week 1 Sets/ reps | Week 2 Sets/ reps | Week 3 Sets/ reps | Week 4 Sets/ reps | Week 5 Sets/ reps | Week 6 Sets/ reps | Week 7 Sets/ reps | Week 8 Sets/ reps |
|--------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 12) 2 steps at a time | | | | | | | | |
| 13) step ups right | | | | | | | | |
| 13) step ups left | | | | | | | | |
| 14) with weights | | | | | | | | |

Balance exercises

| Exercise | Week 1 Sets/reps | Week 2 Sets/reps | Week 3 Sets/reps | Week 4 Sets/reps | Week 5 Sets/reps | Week 6 Sets/reps | Week 7 Sets/reps | Week 8 Sets/reps |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 15) balance when brushing teeth | | | | | | | | |
| 16) eyes open/ closed | | | | | | | | |