



Pickleball Strength and Conditioning Program (for home)		Day 1
Mobility	https://youtube.com/playlist?list=PLoVvXz_IKOkdr_GGlt61w6Wr0vMb03yl	Sets x Reps
<i>This section serves to help mobilize and prepare the joints and tissues prior to the training session.</i>	A1. Pigeon with T-Spine Rotation A2. Groiner with Hamstring Stretch A3. Scapular Retraction Push Up to Downward Dog A4. Prone Prisoner A5. Side Clam with Internal/External Rotation <i>One Set Through, No Rest</i>	1 x 5/side 1 x 5/side 1 x 5 1 x 5 1 x 3/each/side
Prehab: Shoulder / T-Spine	https://youtube.com/playlist?list=PLoVvXz_IKOkdBer-r0AwlxW537FqXwVc	
<i>This section will help build strength and tolerance in the shoulders and t-spine making these joints more robust on the court, while reducing the risk of injury.</i>	B1. Quadruped Thoracic Rotation B2. Wall Slide + Lift Off B3. Wall T-Spine Rotation B4. Bear Pose with Shoulder Taps <i>One Set Through, No Rest</i>	1 x 5/side 1 x 8 1 x 5/side 1 x 5/side
Power Series	https://youtube.com/playlist?list=PLoVvXz_IKOkcaHkqitVEAZivNs0073V	
<i>This section will target power development through jumps, bounds, hops, decel work, and speed-focused dynamic movements.</i>	C1. Double Leg Snap Down to Iso Hold C2. Single Leg Bound to Double Leg Landing C3. Paused Speed Squat (Bodyweight) <i>Rest 1 Minute In Between Sets</i>	2 x 4 2 x 3/side 2 x 6
Strength Series	https://youtube.com/playlist?list=PLoVvXz_IKOkcSWHm1ZSPqVbSbsjap0vM	
<i>This section will focus on full bodystrength development through training fundamental movement patterns.</i>	D1. Tempo Split Squat (3-1-1) D2. Eccentric Push Up (3-1-1) D3. Y-T-W Holds <i>30s Rest in Between Exercises, Rest 2 Minutes In Between Sets</i>	3 x 10/leg 3 x 6-10 3 x 6/each
General Physical Preparation Circuit	https://youtube.com/playlist?list=PLoVvXz_IKOkfuhfayQIQw2FEI6HISuJ7M	
<i>This section will be used to build general work capacity in a circuit type fashion using unilateral movements and core exercises.</i>	E1. Single Leg Glutebridge (Shoulders Elevated) E2. Half Turkish Get Up (Shoe Balance) E3. Slider Lateral Lunge (slide disc/towel) E4. Hollow Rock <i>No Rest in Between Exercises, Rest 1.5 Minutes In Between Sets</i>	3 x 10/leg 3 x 3/side 3 x 10/leg 3 x 12-15
Conditioning Series (Tabata Finisher)	https://youtube.com/playlist?list=PLoVvXz_IKOkdior_fz7epFM3pa67IA5VP	
<i>This section will help build conditioning levels through bodyweight circuits with high tempos and minimal to no rest periods.</i>	F1. Mountain Climbers F2. High Plank Shoulder Taps F3. High Knees or Quick Feet F4. Lateral Line Hops F5. Overhead Sit Up <i>(20s ON: 10s OFF x 3 Sets at Each Station, 30s Rest in Between Stations)</i>	3 x 20:10 3 x 20:10 3 x 20:10 3 x 20:10 3 x 20:10



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Pickleball Strength and Conditioning Program (for home)		Day 2
Mobility	https://youtube.com/playlist?list=PLoVvXz_IKOkcAl9supbrVoIwPDGQOPdHlP	Sets x Reps
<i>This section serves to help mobilize and prepare the joints and tissues prior to the training session.</i>	A1. Quadruped Reach Through A2. 90/90 Hip Shifts A3. Bretzel Stretch A4. Half Kneeling Quad Stretch with Overhead Reach A5. Side Lying Thoracic Rotation <i>One Set Through, No Rest</i>	1 x 4/side 1 x 4/side 1 x 20s/side 1 x 20s/side 1 x 4/side
Prehab: Hips / Knees	https://youtube.com/playlist?list=PLoVvXz_IKOkcV7ZU4hmpaR7N8P92Dg9	
<i>This section will help build strength and tolerance in the hips and knees making these joints more robust on the court, while reducing the risk of injury.</i>	B1. Single Leg Eccentric Only Squat to Box (3s down) B2. Three Way Hip Reach (single leg balance) B3. Glutebridge Walkouts B4. Single Leg Calf Raise (hand supported) <i>One Set Through, No Rest</i>	1 x 6 1 x 5/each 1 x 5 1 x 6/side
Power Series	https://youtube.com/playlist?list=PLoVvXz_IKOkcR0R2IvnrDl6YFAYGNh1r	
<i>This section will target power development through jumps, bounds, hops, decel work, and speed-focused dynamic movements.</i>	C1. Lateral Bound with Hold C2. Single Leg Mini Hops (forward & backward) C3. Reverse Lunge with Knee Drive Iso Hold <i>Rest 1 Minute In Between Sets</i>	2 x 3/side 2 x 10/leg 2 x 5/leg
Strength Series	https://youtube.com/playlist?list=PLoVvXz_IKOkcWVnPYPhI94Tz09YMe7iq	
<i>This section will focus on full bodystrength development through training fundamental movement patterns.</i>	D1. Box Squat (bodyweight or add weight) D2. Push Up with Thoracic Rotation D3. Bird Dog Iso Holds (5s hold) <i>30s Rest in Between Exercises, Rest 2 Minutes In Between Sets</i>	3 x 10 3 x 10 (5/side) 3 x 5/side
General Physical Preparation Circuit	https://youtube.com/playlist?list=PLoVvXz_IKOkcYI2Kf9IwRUkkP6nGSvGD	
<i>This section will be used to build general work capacity in a circuit type fashion using unilateral movements and core exercises.</i>	E1. Lateral Squat E2. Step Up with Knee Drive E3. Single Leg Romanian Deadlift with Reach E4. Front Plank with Lateral Reach <i>No Rest in Between Exercises, Rest 1.5 Minutes In Between Sets</i>	3 x 8/leg 3 x 8/leg 3 x 8/leg 3 x 10/side
Conditioning Series (AMRAP BW Circuit Finisher)	https://youtube.com/playlist?list=PLoVvXz_IKOkcbisyeEMN0kSM_15wiFSq	
<i>This section will help build conditioning levels through bodyweight circuits with high tempos and minimal to no rest periods.</i>	F1. Bodyweight Squat F2. Burpee F3. Plank Up Downs F4. Reverse Lunges F5. V-Sits <i>6 Minutes (AS MANY ROUNDS AS POSSIBLE, NO REST)</i>	x 8 x 8 x 8 x 8/leg x 8



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