

# 7 Day Footwork Challenge!



By USPTA Professional Coach & Fitness Junkie, Marisa Johnson

## What to expect:

- A motivation email with your daily reminder
- Biomechanics, Racket Motions, Plyometrics & more
- Skip ahead on the intro if you want to get straight to the timer and start!



**Click To Begin**



## Day 1: Split Step Mastery

A perfect first start to this challenge! Get comfortable widening the stance and being on your toes!



## Day 2: Quick Feet

Practice building those fast twitch muscle fibers in your calves!! A burner!



## Day 3: Distance

This will help you cover the court in bigger steps! You'll need a bigger space for this one!



## Day 4: Lateral Movements

Tennis is a side to side motion sport for the most part! Let's get you moving!



### Day 5: Biomechanics

Sync up your body movement to hitting the ball! Tennis strokes always use the whole body, not just the racquet



### Day 6: Agility

Move quickly and easily on the court!



### Day 7: Plyometrics

The final training that uses speed and force of different movements to build muscle power

## Ready For The Next Level?

- **Gain** the **speed** needed to get a racket on the ball you're running for
- **Build** your **endurance** to **outlast** your opponent
- Hit with more **POWER** to make your **strokes unreturnable**

