

# CABLE STRENGTH TRAINING FOR TENNIS

Improve your on court performance and functional strength  
by using cable exercises!

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Anyone, at any level serious enough about taking their performance to the next level and wanting avoiding injuries should consider implementing some type of strength training alongside their Tennis.

When working with athletes I tend to try and stay away from machines in the gym and prefer to incorporate a more functional approach to their strength training programs. This means having them training more movements specific to the sport they play. Functional training involves exercises that require the brain to produce a movement program with similar coordination, range of motion, type of muscle contraction (eccentric, isometric, concentric) and speed of movement. It teaches the brain how to use improved strength during the movement. In this manner, functional exercise provides a base from which to improve goal movements from sport, work or daily life. Along with equipment such as dumbbells, swiss balls and medicine balls, cable training in my opinion is one of the most important pieces of strength training equipment for the tennis or squash player. When designing a strength program for an athlete, i always like to include cable machine exercises.

Those of you who are regular gym goers or even once a week attendees, I'm sure have come across a cable machine, also known as a pulley machine. These are usually large upright machines, either with a single pulley, or else a pulley attached to both sides. They are extremely useful for functional training as they allow allow an athlete to recruit all major muscle groups while moving in multiple planes.

Besides the benefits of increased muscular strength, performing exercises on a cable machine provides the tennis or squash player with the added bonus of learning good balance and co-ordination skills as well as improving joint stability. This type of training also decreases the number of injuries sustained and maximizes the individual's performance in a sport.

Today's top sportsmen and women are looking to more multi-functional types of training and methods that mimic their chosen sport. So in this article i have provided 9 exercises suitable to any level and guaranteed to dramatically enhance your overall strength and on court performance.

## How much?

For the recreational player I recommend implementing a program like this into their program once a week with another day being devoted to core strength training like on the swiss ball for example.

For the more serious player, incorporating this program twice a week is recommended, preferably 3 days apart.

## Important notes:

- Always perform exercise with good technique and form, paying attention to correct body posture.
- Heavy is not better. Find a suitable weight that challenges you.
- Start with a lighter weight and build up gradually.

- Rest for 1 minute between exercises or try super set (do one exercise and then straight away another. ie: bicep curl and chest press for example).