# BOMMARITO PERFORMANCE SYSTEMS

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|---|---|---|---|---|
| NAME: | | | PHASE: | CONJUGATE - TENNIS |
| EXAMPLE | | | WEEK: | 3 |

| DAY 1 | UPPER MAX | | | DAY / DATE: |
|---|---|---|---|---|
| EXERCISE | TEM | RI | VOL | INTENSITY |
| DB SHOULDER (REAR, FRONT SIDE) | 131 | | 4X8E | |
| CORRECTIVE: PRONE Y | 131 | | 3x10 | |
| 1. DB SA INCLINE ROW | 212 | | 5X6E | |
| 2. BAND INCLINE OH TRICEP - FWD/REV | 101 | | 4XFF | |
| CORRECTIVE: LANDMINE SA ROW | 211 | | 4X12E | |
| DB BENCH | 21X | | 4X4 | |

| DAY 2 | LOWER DYN | | | DAY / DATE: |
|---|---|---|---|---|
| EXERCISE | TEM | RI | VOL | INTENSITY |
| 1. SPEED BOX SQUAT - CHAINS | 11X, X1X | | 4X3, 4X3 | |
| 2. DB SEATED BOX JUMP | XXX | | 8X1 | |
| CORRECTIVE: BAND HIP ABD | 161 | | 3X10E | |
| 1. REVERSE HYPER | 313 | | 4X6 | |
| 2. HAMSTRING SLIDES - SL SUPPORTED | 11X | | 3X6E | |
| CORRECTIVE: BAND HIP ADD | 161 | | 3X10E | |

| DAY 3 | UPPER DYN | | | DAY / DATE: |
|---|---|---|---|---|
| EXERCISE | TEM | RI | VOL | INTENSITY |
| 1. KEISER/BAND ALIGNMENT CHOP | 11X | | 3X10E | |
| 2. HYPER SA ROW | 101 | | 3X8E | |
| CORRECTIVE: | | | | |
| 1. KEISER/BAND ALIGNMENT LIFT | 11X | | 3X10E | |
| 2. KEISER/BAND HIGH ROW | 11X | | 3X10E | |
| CORRECTIVE: | | | | |
| 1. SA SLED ROW | 11X | | 3X20YD E | |
| 2. SLED OH TRICEP | 10X | | 3X40YD | |
| CORRECTIVE: | | | | |

| DAY 4 | LOWER MAX | | | DAY / DATE: |
|---|---|---|---|---|
| EXERCISE | TEM | RI | VOL | INTENSITY |
| 1. DB BULGARIAN SQUAT | 101 | | 5X3E | |
| 2. CLEAN PULL - F | XXX | | 4X2 | |
| CORRECTIVE: LAT BOX JUMP | | | 4X2E | |
| 1. PULL-THRU | 101 | | 5X8 | |
| 2. GLUTE HAM RAISE | 10X | | 3X5 | |
| CORRECTIVE: FRONT SQUAT - CHAINS | 11X | | 5X4 | |