

PAIN - FREE **PICKLEBALL** **FITNESS CHALLENGE**



PAIN FREE PICKLEBALL Fitness Challenge!

Congratulations in taking the first step towards improving your pickleball fitness and reducing your injury risk on the court! Preparation off the court is arguably the most important part of preventing injuries on the court, so I invite you to take on this 6-week pickleball exercise challenge. The challenge is designed to gradually increase your fitness level and help you set up a consistent workout routine. Remember to consult with a healthcare professional before starting any new exercise program. Exercises are listed on page 5. For detailed step-by-step instructions with picture

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Remember, this 6-week challenge is just the beginning of your pickleball fitness and injury prevention journey. As you progress, continue challenging yourself, setting new goals, and exploring different exercises and techniques to further enhance your strength and overall fitness. Stay consistent, listen to your body, and enjoy the process of becoming a more resilient human!

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I invite you to take on this 6-week pickleball exercise challenge.

6-Week Challenge!

01 WEEK

Week 1: Establishing the Foundation

Goal: Build a solid foundation and set up a workout routine.

- Pickleball: Start the 10-minute warm up before play listed in Chapter 2. Purchase some good court shoes if you have not yet done so.
- Strength Training: Complete two non-consecutive days of weight training using the Day 1 and Day 2 exercises listed in Chapter 4. Aim for a single set of 8-12 reps for each exercise at a 4-5/10 RPE level.
- Mobility: Spend at least 10 minutes stretching and improving your flexibility after each workout.

02 WEEK

Week 2: Building Strength

Goal: Improve muscular strength and endurance.

- Pickleball: Continue with the dynamic warm-up and add in practicing pickleball shots before play.
- Strength Training: Add an additional set for each exercise. Continue with Day 1 and Day 2 lifting schedules for a total of two days/week, begin to increase the weight or difficulty of exercises to moderate or 5-6/10 RPE.
- Mobility: Spend at least 10 minutes stretching and improving your mobility after each workout using exercises provided in Chapter 4.

03 WEEK

Week 3: Enhancing Endurance

Goal: Boost muscle endurance and continue building strength.

- Pickleball: Continue with the dynamic warm up and practicing pickleball shots before play.
- Strength Training: Increase the number of sets to three for each exercise and focus on increasing the weight or difficulty. The goal is 5-6/10 RPE.
- Mobility: Spend at least 10 minutes stretching and improving your mobility after each workout using exercises provided in Chapter 4. Devote more time to any problem areas that arise during play.

6-Week Challenge!

04 WEEK

Week 4: Progressive Overload

Goal: Increase the intensity of your strength training sessions.

- Pickleball: Continue with the dynamic warm up and practicing pickleball shots before play.
- Progressive Overload: Increase the weight or resistance used for each exercise by approximately 5-10%. You should be reaching a 7/10 RPE level after each set. Continue with three sets for each exercise.
- Mobility: Spend at least 10 minutes stretching and improving your mobility after each workout using exercises provided in Chapter 4. Devote more time to any problem areas that arise during play.

05 WEEK

Week 5: Intensifying the Effort

Goal: Increase the intensity and variety of your workouts.

- Pickleball: Continue with the dynamic warm up and practicing pickleball shots before play.
- Strength Training: Add in a third day of resistance training into your routine using the Day 3 template listed in Chapter 4. Increase the weight or difficulty as needed to keep a 7/10 RPE level after each set.
- Mobility: Spend at least 10 minutes stretching and improving your mobility after each workout using exercises provided in Chapter 4. Devote more time to any problem areas that arise during play.

06 WEEK

Week 6: Sustaining the Lifestyle

Goal: Maintain your progress and establish a lifelong commitment to fitness.

- Pickleball: Continue with the dynamic warm up and practicing pickleball shots before play. Maintain your current play schedule without a long hiatus between games.
- Strength Training: Continue with the three-day lifting program. Focus on refining your technique and aim for progressive overload by gradually increasing the weight or difficulty when able.
- Mobility: Continue to spend time daily to maintain mobility improvements gained over these past 6 weeks. Continue to work on improving mobility impairments that arise going forward.

Strength Training Program

Day 1

Exercise	Repetitions	Sets
Squat	8-12	1-3
Plyometric Fall Forward Lunge	8-12	1-3
Reverse Chops	8-12	1-3
Seated Calf Raises	8-12	1-3
Seated Row	8-12	1-3
Banded Sidestepping	8-12	1-3
Incline Press	8-12	1-3
Banded Flashers	10-15	1-3
Dumbbell Wrist Extension	8-12	1-3

Day 2

Exercise	Repetitions	Sets
Deadlift	8-12	1-3
Dynamic Lateral Lunges	8-12	1-3
Chops	8-12	1-3
Standing Calf Raises	8-12	1-3
Lat Pull Downs	8-12	1-3
Hop and Hold with Band Abductions	2 x Length of Gym	1-3
Dumbbell Scaption	8-12	1-3
Cable Shoulder External Rotation Arm at Side	10-15	1-3
Wrist Roll Up	1 Length of Rope	1-3

Day 3 (Optional Progression)

Exercise	Repetitions	Sets
Goblet Squat	8-12	1-3
Retro Lunge with Med Ball Twist	8-12	1-3
Single Arm Horizontal Abduction with Torso Rotation	8-12	1-3
Single Leg Lateral Line Hops	20-60 Seconds	1-3
Single Arm Bent Over Row	8-12 Each	1-3
Single Leg Standing Hip Abduction with Band at Knees	To Fatigue	1-3
Dumbbell Abduction	8-12	1-3
90-90 Shoulder External Rotation	10-15	1-3
Heavy Suitcase Carry	Length of Gym	1-3

NOW, IT'S TIME TO PUT ALL THE KNOWLEDGE YOU'VE GAINED INTO ACTION.

**"READY TO ELEVATE YOUR PICKLE-
BALL GAME AND PRIORITIZE YOUR
HEALTH?"**

**JOIN OUR 6-WEEK PICKLEBALL FIT-
NESS CHALLENGE TODAY!**



**UNLOCK THE SECRETS TO PEAK PERFORMANCE ON THE
COURT AND INJURY PREVENTION WITH OUR COMPREHEN-
SIVE EXERCISE PROGRAM. GET IMMEDIATE ACCESS TO
EXPERT GUIDANCE, STEP-BY-STEP INSTRUCTIONS, AND
EXCLUSIVE TIPS TO ENHANCE YOUR SKILLS AND
WELL-BEING.**