



RACKET TRAINER SKILLS & DRILLS PROGRAM



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DEVELOPED FOR HYDROREVOLUTION
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GETTING STARTED

HYDROEVOLUTION TRAINING OVERVIEW

Welcome to your new Hydorevolution training program. This workout can be completed with the Hydorevolution Racket Trainer.

The Hydorevolution Skills & Drills program revolves around the fundamental skills needed for racket sports and the common durations of volleys/plays. It has been designed to improve your overall performance in racket based sports.

Remember, as your power improves, you can continue to challenge yourself and avoid hitting a plateau by simply increasing the intensity or swapping out the fins on the end of your racket trainer for more resistance.

We recommend reading through the entire workout before you start and printing a copy to take with you to the pool to refer to as necessary. Don't worry - you will have it memorized in no time!

Before you begin your workout, please ensure you are familiar with your equipment and know how to correctly fit your Fins to the Swing Trainer to ensure optimum performance. **If you are unsure, you can visit www.hydorevolution.com and download a copy of the quick start guide for step by step instructions.**

CARING FOR YOUR EQUIPMENT

A FEW TIPS TO ENSURE YOUR HYDROEVOLUTION EQUIPMENT LASTS IT'S LIFETIME

Hydorevolution exercise equipment has been designed and manufactured to give you maximum drag resistance performance and the ultimate comfort. To extend the life of your equipment please be sure to follow the below care instructions:

1. Do not drop or drag equipment across hard surfaces i.e. concrete or tiles.
2. Wash equipment in fresh water at room temperature after each use as harsh pool chemical can result in unnecessary damage over time. Please do not leave fins soaking for longer than 15 minutes and ensure you air dry them after each use.
3. Do not machine wash or tumble dry.
4. Do not store in direct sunlight as UV rays can deteriorate the equipment over time.
5. Ensure you allow equipment to dry properly before storing in an appropriate manner.
6. Please remember that Hydorevolution equipment is not to be used as a flotation device.



1. FUNDAMENTALS



Please familiarize yourself with these fundamental Racket Trainer Exercises before starting the program

1. FOREHAND



- Position yourself sideways with your feet shoulder width apart, dominant side to the back, and weight distributed on the back foot
- Bend your knees and slightly hinge your hips so that your shoulders are under water
- Stabilize your core and push down into your back foot
- Hold the Racket Trainer in your dominant hand holding near the end of the handle
- Submerge the Racket Trainer under the water, by your back hip, parallel to your body with the handle pointed to the front foot and fins towards the back
- Begin to shift your weight to both feet while bringing the racket forward, leading with the handle
- As the racket reaches the front hip, weight should be shifting to the front foot with the handle now pointing towards your body and the fins pointing away from you (the racket is now perpendicular to your body)
- Fully shift the weight to your front foot as you complete the rotation of the Racket Trainer bringing it to your front shoulder. Be sure to keep the equipment and your body under water during this motion

2. BACKHAND



- Position yourself sideways with your feet shoulder width apart, dominant side to the front, and weight distributed to the back foot
- Bend your knees and slightly hinge your hips so that your shoulders are under water
- Stabilize your core and push down into your back foot
- Hold the Racket Trainer under the water with your dominant hand positioned at the end of the handle and your non-dominant hand resting above it on the Racket Trainer
- Submerge the Racket Trainer under the water, by your back hip, parallel to your body with the handle pointed to the front foot and fins towards the back
- Begin to shift your weight to both feet while bringing the racket forward with the non-dominant hand controlling the movement and the dominant hand acting as a guide
- As the racket reaches the front hip, weight should be shifting to the front foot with the handle now pointing towards your body and the fins pointing away from you (the racket is now perpendicular to your body)
- Fully shift the weight to your front foot as you complete the rotation of the Racket Trainer bringing it to your front shoulder. Be sure to keep the equipment and your body under water during this motion and both hands on the racket



1. FUNDAMENTALS CONTINUED



Please familiarize yourself with these fundamental Racket Trainer Exercises before starting the program

3. VOLLEY



- Start in a ready position with the Racket Trainer in the center of your body, dominant hand at the end of the handle and the non-dominant hand supporting the racket above the dominant hand
- The racket is perpendicular to the floor, feet shoulder width apart, knees slightly bent and wrists strong.
- Step across your body keeping the racket in front of you at all times
- Push the racket in a small forward motion as you shift your weight from the back foot to the front foot



2. WORKOUT



Warm up: Before starting your workout, we recommend performing 1 round of the racket trainer circuit beginning at a slow pace and working towards a moderate pace. Focus on becoming comfortable with the exercises.

Round 1: Perform each exercise for 20 seconds with 10 seconds rest between

Round 2: Perform each exercise for 40 seconds with 20 seconds rest between

Round 3: Perform each exercise for 60 seconds with 30 seconds rest between

1. FOREHAND/BACKHAND WITH SIDE SHUFFLES



Forehand:

- Position yourself sideways with your feet shoulder width apart, dominant side to the back, and weight distributed on the back foot
- Bend your knees and slightly hinge your hips so that your shoulders are under water
- Stabilize your core and push down into your back foot
- Hold the Racket Trainer in your dominant hand holding near the end of the handle
- Submerge the Racket Trainer under the water, by your back hip, parallel to your body with the handle pointed to the front foot and fins towards the back
- Begin to shift your weight to both feet while bringing the racket forward, leading with the handle
- As the racket reaches the front hip, weight should be shifting to the front foot with the handle now pointing towards your body and the fins pointing away from you (the racket is now perpendicular to your body)
- Fully shift the weight to your front foot as you complete the rotation of the Racket Trainer bringing it to your front shoulder. Be sure to keep the equipment and your body under water during this motion

Side Shuffle x 3:

- Take a big step to the side with one foot and plant it on the ground
- Quickly bring the other foot to meet the planted foot
- Repeat action 3 times

Backhand:

- Position yourself sideways with your feet shoulder width apart, dominant side to the front, and weight distributed to the back foot
- Bend your knees and slightly hinge your hips so that your shoulders are under water
- Stabilize your core and push down into your back foot
- Hold the Racket Trainer under the water with your dominant hand positioned at the end of the handle and your non-dominant hand resting above it on the Racket Trainer
- Submerge the Racket Trainer under the water, by your back hip, parallel to your body with the handle pointed to the front foot and fins towards the back
- Begin to shift your weight to both feet while bringing the racket forward with the non-dominant hand controlling the movement and the dominant hand acting as a guide
- As the racket reaches the front hip, weight should be shifting to the front foot with the handle now pointing towards your body and the fins pointing away from you (the racket is now perpendicular to your body)
- Fully shift the weight to your front foot as you complete the rotation of the Racket Trainer bringing it to your front shoulder. Be sure to keep the equipment and your body under water during this motion and both hands on the racket

Side Shuffle x 3:

- Take a big step to the side with one foot and plant it on the ground.
- Quickly bring the other foot to meet the planted foot.
- Repeat action 3 times.



2. WORKOUT CONTINUED



Round 1: Perform each exercise for 20 seconds with 10 seconds rest between

Round 2: Perform each exercise for 40 seconds with 20 seconds rest between

Round 3: Perform each exercise for 60 seconds with 30 seconds rest between

2. SQUAT JUMP WITH TURN AND SCOOP



- Stand with your feet shoulder width apart and bend the knees so that your shoulders are under water.
- Hold the Racket Trainer in your dominant hand
- Keep the shoulders under the water as you jump off the pool floor and drive the knees towards the water's surface and make a quarter-turn.
- As you bring the knees up, scoop the Racket Trainer down and away from your body.
- Repeat for a second interval using your non-dominant hand and turning the opposite direction.

3. VOLLEY WITH CROSS STEP AND WRIST TWIST



- Dominant hand: Stationary volley with cross step. Wrist twist at end of volley movement
- Repeat with non-dominant hand
- Start in a ready position with the Racket Trainer in the center of your body, dominant hand at the end of the handle and the non-dominant hand supporting the racket above the dominant hand
- The racket is perpendicular to the floor, feet shoulder width apart, knees slightly bent and wrists strong.
- Step across your body keeping the racket in front of you at all times
- Push the racket in a small forward motion as you shift your weight from the back foot to the front foot
- Repeat for a second interval using your non-dominant hand



3. WORKOUT CONTINUED



Round 1: Perform each exercise for 20 seconds with 10 seconds rest between

Round 2: Perform each exercise for 40 seconds with 20 seconds rest between

Round 3: Perform each exercise for 60 seconds with 30 seconds rest between

4. FOREHAND / BACKHAND / LEFT & RIGHT VOLLEY & SPRINT



Forehand:

- Position yourself sideways with your feet shoulder width apart, dominant side to the back, and weight distributed on the back foot
- Bend your knees and slightly hinge your hips so that your shoulders are under water
- Stabilize your core and push down into your back foot
- Hold the Racket Trainer in your dominant hand holding near the end of the handle
- Submerge the Racket Trainer under the water, by your back hip, parallel to your body with the handle pointed to the front foot and fins towards the back
- Begin to shift your weight to both feet while bringing the racket forward, leading with the handle
- As the racket reaches the front hip, weight should be shifting to the front foot with the handle now pointing towards your body and the fins pointing away from you (the racket is now perpendicular to your body)
- Fully shift the weight to your front foot as you complete the rotation of the Racket Trainer bringing it to your front shoulder. Be sure to keep the equipment and your body under water during this motion

Split Stance:

- Jump your feet into a wide squat stance. Feet should be shoulder width apart with knees bent.
- Hold the Racket Trainer with both hands in front of the body at the level of the hips.

Backhand:

- Position yourself sideways with your feet shoulder width apart, dominant side to the front, and weight distributed to the back foot
- Bend your knees and slightly hinge your hips so that your shoulders are under water
- Stabilize your core and push down into your back foot
- Hold the Racket Trainer under the water with your dominant hand positioned at the end of the handle and your non-dominant hand resting above it on the Racket Trainer
- Submerge the Racket Trainer under the water, by your back hip, parallel to your body with the handle pointed to the front foot and fins towards the back
- Begin to shift your weight to both feet while bringing the racket forward with the non-dominant hand controlling the movement and the dominant hand acting as a guide
- As the racket reaches the front hip, weight should be shifting to the front foot with the handle now pointing towards your body and the fins pointing away from you (the racket is now perpendicular to your body)
- Fully shift the weight to your front foot as you complete the rotation of the Racket Trainer bringing it to your front shoulder. Be sure to keep the equipment and your body under water during this motion and both hands on the racket

Split Stance:

- Jump your feet into a wide squat stance. Feet should be shoulder width apart with knees bent.
- Hold the Racket Trainer with both hands in front of the body at the level of the hips.
- Left & Right Volley:
- Start in a ready position with the Racket Trainer in the center of your body, dominant hand at the end of the handle and the non-dominant hand supporting the racket above the dominant hand
- The racket is perpendicular to the floor, feet shoulder width apart, knees slightly bent and wrists strong.
- Step across your body keeping the racket in front of you at all times
- Sprint 2-5 steps forward
- Holding the Racquet Trainer in your dominant hand, Run as fast as you can for 2-5 steps forward.
- Run Back
- Turn and run back to your starting point
- Repeat the sequence for the indicated timeframe.



3. WORKOUT CONTINUED



Round 1: Perform each exercise for 20 seconds with 10 seconds rest between

Round 2: Perform each exercise for 40 seconds with 20 seconds rest between

Round 3: Perform each exercise for 60 seconds with 30 seconds rest between

5. JUMP AND SERVE



Jump & Serve:

- Stand with your feet shoulder width apart and the Racket Trainer in your dominant hand.
- Squat until your shoulders are under the water's surface.
- Stabilize through your core and hold the Racket Trainer by your side as you push off the floor and rotate your shoulders towards your non-dominant side.
- Reset and repeat for the intended interval time.
- Repeat for a second interval using your non-dominant hand and turning the opposite direction.

6. FOREHAND/BACKHAND WITH TRAVELING SPLIT STEP



Forehand:

- Position yourself sideways with your feet shoulder width apart, dominant side to the back, and weight distributed on the back foot
- Bend your knees and slightly hinge your hips so that your shoulders are under water
- Stabilize your core and push down into your back foot
- Hold the Racket Trainer in your dominant hand holding near the end of the handle
- Submerge the Racket Trainer under the water, by your back hip, parallel to your body with the handle pointed to the front foot and fins towards the back
- Begin to shift your weight to both feet while bringing the racket forward, leading with the handle
- As the racket reaches the front hip, weight should be shifting to the front foot with the handle now pointing towards your body and the fins pointing away from you (the racket is now perpendicular to your body)
- Fully shift the weight to your front foot as you complete the rotation of the Racket Trainer bringing it to your front shoulder. Be sure to keep the equipment and your body under water during this motion

Split Stance:

- Jump your feet into a wide squat stance. Feet should be shoulder width apart with knees bent.
- Hold the Racket Trainer with both hands in front of the body at the level of the hips.

Backhand:

- Position yourself sideways with your feet shoulder width apart, dominant side to the front, and weight distributed to the back foot
- Bend your knees and slightly hinge your hips so that your shoulders are under water
- Stabilize your core and push down into your back foot
- Hold the Racket Trainer under the water with your dominant hand positioned at the end of the handle and your non-dominant hand resting above it on the Racket Trainer
- Submerge the Racket Trainer under the water, by your back hip, parallel to your body with the handle pointed to the front foot and fins towards the back
- Begin to shift your weight to both feet while bringing the racket forward with the non-dominant hand controlling the movement and the dominant hand acting as a guide
- As the racket reaches the front hip, weight should be shifting to the front foot with the handle now pointing towards your body and the fins pointing away from you (the racket is now perpendicular to your body)
- Fully shift the weight to your front foot as you complete the rotation of the Racket Trainer bringing it to your front shoulder. Be sure to keep the equipment and your body under water during this motion and both hands on the racket



3. WORKOUT CONTINUED



Round 1: Perform each exercise for 20 seconds with 10 seconds rest between

Round 2: Perform each exercise for 40 seconds with 20 seconds rest between

Round 3: Perform each exercise for 60 seconds with 30 seconds rest between

7. LADDER DRILL WITH WRIST SNAPS + LATERAL LADDER DRILL



Ladder drill with wrist snaps + lateral ladder drill

- Stand with your feet shoulder width apart and the Racket Trainer in your dominant hand.
- Squat until your shoulders are under the water's surface.
- Stabilize through your core and hold the Racket Trainer by your side as you push off the floor and rotate your shoulders towards your non-dominant side.
- Reset and repeat for the intended interval time.
- Repeat for a second interval using your non-dominant hand and turning the opposite direction.



3. WORKOUT CONTINUED



Round 1: Perform each exercise for 20 seconds with 10 seconds rest between

Round 2: Perform each exercise for 40 seconds with 20 seconds rest between

Round 3: Perform each exercise for 60 seconds with 30 seconds rest between

8. SKATE HURDLE



Skate Hurdle

- Stand with your feet shoulder width apart
- Hold the Racket Trainer in your dominant hand
- Bend the knees so that your shoulders are under water and jump off of the pool floor pushing your body toward the left
- As the left foot lands, swing the right leg behind the body reaching the toes towards the pool floor.
- Repeat moving from right to left using powerful, explosive jumps for the duration of the interval.



COOL DOWN



Perform each exercise slow and controlled for at least 1 minute to return your heart rate and breathing rate to near resting levels.

1. LATERAL LUNGE WITH SPINAL FLEX/EXT



Lateral Lunge with spinal flex/ext

- Position yourself in chest depth water.
- Draw the elbows to the sides of your body and depress & retract the shoulder blades.
- Hold the Racket Trainer in one hand with the fins extending in a straight line from the wrist away from the body.
- Keep the wrist strong as you walk in a circle away from the arm holding the Racket Trainer.
- Perform for 30-60 seconds with good form and posture.
- Repeat using the other arm
- Perform for 30-60 seconds with good form and posture.

2. LUNGE AND CROSS BODY REACH



Lunge Body & Cross Reach

- Position yourself in waist depth water
- Stand in a lunge position
- Stabilize your core and push down into your feet.
- Grip the Racket Trainer with one hand near the end of the handle and reach both arms in front of your body
- Sweep the Racket Trainer under the stationary arm, across your body
- Sweep the Racket Trainer until it is reaching behind your body
- Perform for 30-60 seconds with good form and posture.
- Repeat using the other arm
- Perform for 30-60 seconds with good form and posture.

3. MOVING RC STRETCH



Moving RC Stretch

- Position yourself in chest depth water.
- Draw the elbows to the sides of your body and depress & retract the shoulder blades.
- Hold the Racket Trainer in one hand with the fins extending in a straight line from the wrist away from the body.
- Keep the wrist strong as you walk in a circle away from the arm holding the Racket Trainer.
- Perform for 30-60 seconds with good form and posture.
- Repeat using the other arm
- Perform for 30-60 seconds with good form and posture.



DISCLAIMER

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