



THE RACQUETBALL WORKOUT

A TOTAL BODY FITNESS PROGRAM

TRAINING LOG

Phase I-II-III

*Chart Your
Workouts to
Monitor Your
Progress!*

PHASE I RACQUETBALL WORKOUT

-Cardiovascular

Continue this program for 4 weeks, then move on to Phase II of The Racquetball Workout.

Week of _____

Day _____

FLEXIBILITY:

Stretching

(3 times a week)

Shoulders

Lats

Chest

Back

Hamstrings

CARDIOVASCULAR:

Racquetball

(2 times a week)

Forehand

Backhand

Off-the-back-wall

MUSCULAR STRENGTH:

Weight Training

(2 times a week)

Biceps

Triceps

MUSCULAR ENDURANCE:

Stair Stepper

(2 times a week)

of minutes:

FLEXIBILITY:

Full Body

(3 times a week)

_____	_____	_____
_____	_____	_____

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

_____	_____	_____
_____	_____	_____
_____	_____	_____

Sets/Reps

Sets/Reps

Sets/Reps

_____	_____	_____
_____	_____	_____

of minutes:

of minutes:

of minutes:

_____	_____	_____
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_____	_____	_____
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PHASE II RACQUETBALL WORKOUT

-Muscular Endurance

Continue this program for 4 weeks, then move on to Phase III of The Racquetball Workout.

Week of _____

Day _____

FLEXIBILITY:

(3 times a week)

Forward Shoulder Rotation

Backward Shoulder Rotation

Lat Stretch

Chest Stretch

Hamstring Stretch

Back Stretch

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

MUSCULAR ENDURANCE:

Racquetball

(2 times a week)

Drill 1 (Skipping)

Drill 2 (Leapfrog)

Drill 3 (Relocation)

Drill 4 (Ceiling Ball)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

CARDIOVASCULAR:

Swimming

(2 times a week)

Laps/Distance

_____	_____	_____
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MUSCULAR STRENGTH:

Weight Training

(2 times a week)

Legs

Shoulders

Sets/Reps

_____	_____	_____
_____	_____	_____

FLEXIBILITY:

Full Body

(3 times a week)

_____	_____	_____
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_____	_____	_____
_____	_____	_____

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Laps/Distance

Laps/Distance

Laps/Distance

_____	_____	_____
-------	-------	-------

Sets/Reps

Sets/Reps

Sets/Reps

_____	_____	_____
_____	_____	_____

_____	_____	_____
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PHASE III RACQUETBALL WORKOUT

-Muscular Strength

Continue this program for 4 weeks, then create your own workouts with the exercises you've learned. Good luck!

Week of _____

Day _____

FLEXIBILITY:

Full Body

(3 times a week)

MUSCULAR STRENGTH:

Racquetball

(2 times a week)

Star Drills

CARDIOVASCULAR:

of minutes

Recumbent Bike

(2 times a week)

MUSCULAR ENDURANCE:

of minutes

In-line Skating

(2 times a week)

FLEXIBILITY:

Hamstring Stretch

Quadri-cep Stretch

(3 times a week)

_____	_____	_____
_____	_____	_____

_____	_____	_____
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_____	_____	_____
-------	-------	-------

of minutes

of minutes

of minutes

_____	_____	_____
-------	-------	-------

of minutes

of minutes

of minutes

_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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FREE MAGAZINE OFFER!



To learn more about total body fitness, call for your **FREE** copy of **Total Racquetball and Fitness**, the leading annual guidebook from Ektelon.

1-800-283-2635

HEALTH WARNING

Please consult your physician before starting any fitness training program, particularly if you are overweight, suffer from any chronic illness or condition, are pregnant or have not exercised in awhile. Begin your program slowly and set realistic goals. Monitor your pulse frequently. Always warm up before exercising. Supplement your program with aerobic exercise such as walking, jogging, swimming, dancing or bike riding. To lessen fatigue, work your larger muscle groups before your smaller muscle groups. Start with your abdominals, then thighs, chest, back, shoulders, triceps and finish with your biceps. Make sure children are supervised by an adult when any type of exercise equipment is being operated.

 **EKTELON.**

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