FREE SAMPLE

ONE SESSION FROM THE KIT

TOURNAMENT WEEK KIT.

One of the six sessions, exactly as it stands in the kit: E6, the shoulder minimum.

E6 · SHOULDER MINIMUM

≈ 8 MIN · MINI BAND, RESISTANCE BAND

On every day you have served. Eight minutes that make the difference across a week with five matches.

TAH-007	Arm circles and band pass-through	2 × 10	Prepares the shoulder for overhead load, important before every serve session.
TAH-014	Band pull-apart	2 × 12	Wakes up the upper back before overhead and hitting load.
TAH-135	Band face pull	3 × 15 · 45 s	Strengthens the back of the shoulder: direct prevention for serve problems.
TAH-136	External rotation with mini band	3 × 15 per side · 45 s	The external rotators brake the hitting arm; when they're weak, shoulder problems follow.

WHY EXACTLY THESE FOUR

The serve loads the shoulder forward and inward. All four exercises pull the other way: upper back, back of the shoulder, external rotators. That is why E6 is made of pulling work and contains no pressing at all.

EXECUTION

TAH-007

Arm circles and band pass-through

Execution: Shoulders away from the ears · only as far as it stays pain-free

Common mistakes: Shoulders pull up to the ears · grip on the band too narrow

Easier: No band, arms only · Harder: Narrower grip on the band

TAH-014

Band pull-apart

Execution: Band at chest height · pull apart with arms almost straight · shoulders stay down

Common mistakes: Ribs push forward · shoulders pull up

Easier: Arm circles and band pass-through · Harder: Standing band row

TAH-135

Band face pull

Execution: Pull to the forehead · elbows high · hold briefly at the end

Common mistakes: Head pushes forward · elbows drop

Easier: Lighter band · Harder: Narrower grip, longer hold

TAH-136

External rotation with mini band

Execution: Elbow fixed at the body · only the forearm rotates outward

Common mistakes: Elbow leaves the body · shoulder pulls up

Easier: Lighter band · Harder: Elbow at shoulder height (90/90)

If an exercise does not feel clean, take "Easier" — not fewer sets.

THE FULL KIT

SIX SESSIONS AND THE RULE FOR WHICH ONE TODAY.

The kit does not give you a Monday-to-Sunday plan, because you do not know your week yet. It gives you a session per day type: travel day, match day, two matches, free day.

E1	**Travel day reset**	≈ 12 min	no equipment
E2	**Match activation**	≈ 10 min	no equipment
E3	**Room strength A — legs and power**	≈ 22 min	mini band, chair
E4	**Room strength B — upper body and rotation**	≈ 22 min	resistance band, mini band
E5	**Recovery between matches**	≈ 15 min	tennis ball, wall
E6	**Shoulder minimum** THIS SAMPLE	≈ 8 min	mini band, resistance band

ALSO IN THE PDF

- 37 exercises with dosing, the reason behind each one, the cues and the common mistakes
- An easier and a harder version of every exercise, so nothing is out of reach
- The packing list — under 200 g of extra luggage
- A load log to print for the whole week
- Exercise IDs from the Tour Athlete Hub library, the same ones I use in the programs

THE FULL KIT
German and English edition, both in the same purchase

tourathletehub.com/kit

Not medical advice. Athletic training for healthy tournament players. With pain, injury or a pre-existing condition, stop and have it checked professionally. Under 18, a parent decides with you. Results vary from player to player.

Feel free to pass this sample on. Henrik Bergen · Tour Athlete Hub · Cologne · henrik@tourathletehub.com