



STEVE VAUGHAN'S WILD WEST TENNIS

"Camps And Vacations With A Western Flavor"
BEND • SALISHAN • COSTA RICA • PALM SPRINGS • GRAND SLAMS

Pre Match Routine

Ray Wehde: Former all american basketball player. Avid tennis player 90 + years old. Plays 2 times a week and practices on a rebound board.

I start out by stretching my hamstrings for 30 seconds.

Then 13 pushups.

Hamstring stretch again for 30 seconds.

Then 12 pushups.

Calf stretch both legs 30 seconds.

On the bed:

Left left leg to tight shoulder 20 seconds.

Three times with both legs.

Thirteen situps.

Glute stretch both legs three times 30 seconds.

Using an exerband:

Hamstring stretch with with legs straight 30 seconds each leg.

Rotate ankles and toes.

Quad stretch two times.

That's it!

Ray Wehde