

OLD WOODY CONDITIONING GUIDE

CINCINNATI COUNTRY CLUB
EST. 1895



YOUR EIGHT-WEEK PLAN

Three workouts per week / Four exercises each

THE WEEKLY SCHEDULE

Monday: A (pages 3-6). Wednesday: B (pages 7-10). Friday: C (pages 11-14). Complete all four exercises in that workout, choosing one version of each. Keep an easy or rest day between workouts. A hard match replaces C.

WEEKS 1-2 / LEARN

Week 1: 1 light set of every A/B/C exercise. Week 2: 2 sets if recovered. Every set has 12 reps or the 12-count drill on its page. Rest 90 seconds between sets.

WEEKS 3-5 / BUILD

Use 2 sets of 12 for every A/B/C exercise. After two controlled workouts, add the smallest weight increase while keeping 12 reps. Keep 2-3 good reps in reserve. Rest 90 seconds between sets.

WEEKS 6-7 / PRACTICE

Continue 2 sets of 12 for A/B/C. Keep loads familiar; do not chase fatigue. If matches increase, reduce sets rather than adding hard sessions.

WEEK 8 / ARRIVE FRESH

Reduce every A/B/C exercise to 1 set of 12 at an easy effort. Use familiar loads, small hops and light throws. No hard or new sessions in the final 48 hours before the tournament.

ONLY SIX WEEKS AVAILABLE?

Follow weeks 1-5, then use the week-8 taper as your week 6. Record the final week in the W8 row; leave W6-7 blank.

WARM UP & RECORD

Warm up 3-5 minutes; rehearse with lighter loads. Finish with 3 easy minutes. Write weight, sets and reps/time for every exercise. BW = bodyweight; N/A = no added weight. Use the same units each week.

Player: _____

Tournament date: _____

SESSION A

Exercise 1 of 4 / Choose one version

1. Goblet squat with a pause

REGRESSION / EASIER

High-bench sit-to-stand



Stand from a high bench without weight. Keep heels down.

ORIGINAL

Goblet squat with a pause



Brace. Sit between hips; heels down. Pause 2 seconds at the bottom.

PROGRESSION / HARDER

Landmine squat



Hold the bar end at chest height. Squat with heels down; stand tall. Use a secure floor anchor.

YOUR WORKOUT DOSE

12 reps per set. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

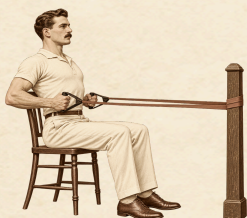
SESSION A

Exercise 2 of 4 / Choose one version

2. Single-arm row

REGRESSION / EASIER

Seated band row



Sit tall. Pull the band handles to your ribs without leaning back.

ORIGINAL

Single-arm row



Brace one hand on a bench. Pull to ribs; keep hips and shoulders square.

PROGRESSION / HARDER

Renegade row



Hold a wide-foot plank. Row one dumbbell without twisting the hips.

YOUR WORKOUT DOSE

12 reps per side per set. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION A

Exercise 3 of 4 / Choose one version

3. Lateral lunge / side lunge

REGRESSION / EASIER

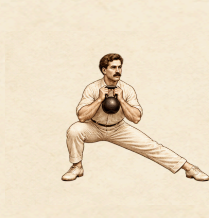
Wide-stance weight shift



Shift gently from side to side in a wide stance. Keep both feet planted.

ORIGINAL

Lateral lunge / side lunge



Step wide. Sit hips back over bent leg; other leg stays straight.

PROGRESSION / HARDER

Cossack squat



Sit deeply over one heel; keep the other leg straight with toes up.

YOUR WORKOUT DOSE

12 reps per side per set. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION A

Exercise 4 of 4 / Choose one version

4. Side-plank hip lifts

REGRESSION / EASIER

Knee side-plank hip lifts



Support on the bottom knee and forearm. Lower and lift the hips with control.

ORIGINAL

Side-plank hip lifts



Elbow under shoulder. Lower the hips slightly, then lift into a straight body line.

PROGRESSION / HARDER

Star side-plank hip lifts



Keep the straight top leg lifted. Lower and lift the hips with control.

YOUR WORKOUT DOSE

12 hip lifts per side per set. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION B

Exercise 1 of 4 / Choose one version

5. Split squat

REGRESSION / EASIER

Low step-up



Step onto a low, stable platform. Control the step down.

ORIGINAL

Split squat



Keep a stationary split stance. Lower rear knee; front heel stays down.

PROGRESSION / HARDER

Bulgarian split squat



Rest the rear foot on a low bench. Lower the rear knee with control.

YOUR WORKOUT DOSE

12 reps per side per set. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION B

Exercise 2 of 4 / Choose one version

6. Single-leg Romanian deadlift

REGRESSION / EASIER

Two-leg Romanian
deadlift



Keep both feet planted.
Hinge at the hips with a
flat back.

ORIGINAL

Single-leg Romanian
deadlift



Hinge at the hip; back leg
reaches behind. Keep hips
square. Use rail support.

PROGRESSION / HARDER

Single-leg RDL to knee
drive



Hinge on one leg, then
stand and lift the other
knee without losing
balance.

YOUR WORKOUT DOSE

12 reps per side per set. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION B

Exercise 3 of 4 / Choose one version

7. Incline push-up

REGRESSION / EASIER

Wall push-up



Hands on a wall. Bend elbows with your body in a straight line.

ORIGINAL

Incline push-up



Hands on a secured bench. Lower chest with your body straight.

PROGRESSION / HARDER

Floor push-up



Hands and toes on the floor. Lower and press up with a straight body.

YOUR WORKOUT DOSE

12 reps per set. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION B

Exercise 4 of 4 / Choose one version

8. Standing band knee drive

REGRESSION / EASIER

Supported knee drive



Use light hand support. Lift one bent knee to hip height; stay tall and lower slowly.

ORIGINAL

Standing band knee drive



Loop a light band around both feet. Keep one foot planted; lift the other knee without leaning.

PROGRESSION / HARDER

Weighted step-up to knee drive



Hold light dumbbells. Step onto a low platform, then lift the free knee. Step down with control.

YOUR WORKOUT DOSE

12 reps per side per set. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION C

Exercise 1 of 4 / Choose one version

9. Medicine ball side toss

REGRESSION / EASIER

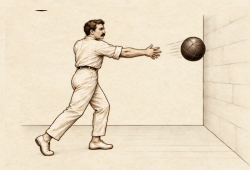
Half-kneeling chest pass



Kneel on one knee. Pass a light ball from the chest to a solid wall.

ORIGINAL

Medicine ball side toss



Stand side-on to a solid wall. Pivot feet and hips; throw across the body.

PROGRESSION / HARDER

Step-in rotational throw



Step and turn through feet and hips to throw. Use a light ball.

YOUR WORKOUT DOSE

12 throws per side per set; chest passes: 12 total. Use a light ball. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION C

Exercise 2 of 4 / Choose one version

10. Continuous skater bounds

REGRESSION / EASIER

Skater hop and hold



Hop a short distance sideways. Land softly on one leg and hold your balance for 2 seconds.

ORIGINAL

Continuous skater bounds



Bound from one leg to the other without a long pause. Keep bounds small and land softly.

PROGRESSION / HARDER

Low lateral hurdle hop



Hop sideways over a tiny hurdle. Land softly and reset before the next hop.

YOUR WORKOUT DOSE

12 total reps per set (6 each direction). Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION C

Exercise 3 of 4 / Choose one version

11. Six-point ghosting

REGRESSION / EASIER

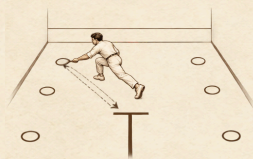
Lateral shuffle drill



Shuffle 2-3 steps each way. Each length is one rep; stay low and reset with control.

ORIGINAL

Six-point ghosting



Return to the T after each of six targets. Lunge with control.

PROGRESSION / HARDER

Reactive ghosting



Have a trainer call the next target. React and return to the T with control.

YOUR WORKOUT DOSE

12 court visits per set; return to the T after each visit. Shuffle option: 12 lengths. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

SESSION C

Exercise 4 of 4 / Choose one version

12. Stationary-bike intervals

REGRESSION / EASIER

Brisk walking



Alternate 10 seconds of brisk walking with 20 seconds easy. Repeat 12 times.

ORIGINAL

Stationary-bike intervals



Stay seated. Pedal smoothly. Keep hard efforts repeatable.

PROGRESSION / HARDER

Air-bike intervals



Use the moving handles and pedals. Keep the planned intervals and rest.

YOUR WORKOUT DOSE

12 intervals per set: 10 seconds brisk + 20 seconds easy. Rest 90 seconds between sets. Sets: page 2.

RECORD YOUR PROGRESS

Week	Date	Version	Weight (lb)	Sets	Reps
W1	_____	_____	_____	_____	_____
W2	_____	_____	_____	_____	_____
W3	_____	_____	_____	_____	_____
W4	_____	_____	_____	_____	_____
W5	_____	_____	_____	_____	_____
W6	_____	_____	_____	_____	_____
W7	_____	_____	_____	_____	_____
W8	_____	_____	_____	_____	_____

POST-MATCH RECOVERY

Cool down / Drink / Eat / Rest

1. RIGHT AWAY / 3-5 MINUTES

Walk easily until breathing settles. Change out of wet clothes. Use gentle, comfortable movement; avoid forcing stretches into sore areas.

2. REHYDRATE / OVER THE NEXT FEW HOURS

Sip fluids regularly. After a long, sweaty match, include electrolytes or a salty snack with water. Follow your usual hydration plan; do not force large amounts of plain water at once.

3. REFUEL / SOON AFTER PLAY

Have carbohydrates plus protein. Try yogurt with fruit and granola, or a turkey sandwich. If another match is soon, eat a familiar, easy-to-digest snack promptly; then continue regular meals.

4. TONIGHT / PRIORITIZE SLEEP

Protect a full night of sleep; aim for about 8 hours or your usual well-rested need. Keep bedtime consistent. Avoid late caffeine and alcohol that disrupt sleep.

5. BEFORE THE NEXT MATCH / CHECK READINESS

Rehydrate, eat, and warm up gradually again. If pain changes your movement, or fatigue is unusual, get a trainer or clinician check rather than playing through it. No extra hard workout today.

6. OPTIONAL RECOVERY EXTRAS

Normatec boots: Try 20 minutes seated after cooling down, at comfortable pressure. Have staff check fit and device instructions. Stop if uncomfortable; follow the manufacturer's medical restrictions.

Gentle foam rolling: Light pressure over muscles; avoid sore joints or injured areas. Relaxation: Sit quietly and breathe slowly for 3-5 minutes.

Choose what feels helpful. These extras complement fluids, food and sleep.

MY RECOVERY CHECK

Match/date: _____ Food & fluids: _____

Tools used / sleep / soreness: _____

YOUR PROGRESS REVIEW

Compare with your own starting point

What feels easier on court?

Which weights, reps or hold times improved?

What needs a trainer check?

What will you keep doing after Old Woody?

YOUR WEEKLY CHECK-IN

Three workouts per week / Build a steady routine

Mark each workout when completed. A hard match may replace C; write MATCH in that column. Reduce training if soreness or fatigue changes your movement.

Week	A / date	B / date	C / date
1			
2			
3			
4			
5			
6			
7			
8			

THROWS: Use a light ball only with trainer approval, a rated solid wall and a clear rebound area. Never throw at glass. Slow turns without a ball remain an option throughout.

EVERY SESSION: Stop for sharp pain or loss of control. Rest longer when needed. Match-day recovery is on page 15.

CHOOSE YOUR LEVEL

Regression = easier / Progression = harder

Each workout page shows an easier exercise on the left, the original suggested exercise in the middle, and a harder exercise on the right. Choose one exercise from the row.

Choose the easier version when you need more support, a lighter load or a smaller range. Try a harder version only after two controlled workouts with 2-3 good reps still available.

Every exercise uses 12 reps per set and 90 seconds of rest between sets. Unilateral strength work is 12 per side. Hops are 12 total; ghosting is 12 visits; bike or walking sets contain 12 intervals. Use the set schedule on page 2.

Begin a new version with less weight. For throws and hops, use light loads and small movements with trainer guidance. Record the version, weight, sets and completed reps. BW means bodyweight. Avoid new exercises in tournament week.

YOUR WEEK AT A GLANCE

Monday / A / pages 3-6

Wednesday / B / pages 7-10

Friday / C / pages 11-14

Post-match recovery / page 15

A wooden tennis racket with a dark blue grip. The racket has a classic oval head with a wooden frame and a dark blue grip on the handle. The strings are a light-colored, possibly white or cream, mesh. The racket is shown vertically against a plain, light-colored background.

Write the exercise version you tried, how it felt, and what you want to discuss with your trainer.



Cincinnati Country Club / Established 1895



This program was designed to help prevent injuries and increase performance. There is no guarantee of avoiding an injury or increasing your performance, especially if you are terrible at squash to begin with.