

PICKLEBALL 10 TO WIN

Moves to Improve Your Game & Prevent Injury

Designed by South Dakota's leaders in treating pickleball injuries at Black Hills Orthopedic & Spine Center, the Pickleball 10 to Win is your complete workout program for playing better pickleball. With these 10 targeted exercises, you can improve your flexibility, agility, strength, and endurance to win on the court and stay on the court.

FLEXIBILITY & AGILITY

BEAR HUGS

Stand straight or lie on your back and open up your arms, pulling your shoulders back to broaden your chest. Bring your arms back in, wrapping them around your chest, and pat the back of your shoulders. Repeat quickly 20 times

For the Win: Do some resistance bear hugs. Hold a resistance band around your back. Then, reach your arms out in front of you like you are hugging someone. Hold for 3 seconds. Repeat 10 times.

POGO HOPS

Stand with your feet shoulder-width apart. Bend your knees slightly, but keep your posture straight. Keep your feet together and jump up and down in place. Repeat for 30 seconds.

For the Win: Do some single-leg hops. Balance on one leg and hop in place for 30 seconds. Repeat while balancing on your other leg. For better agility training, use a line to hop over from left to right.

SIDE-LYING LEG LIFTS

Lie on your side with your legs straight and one leg on top of the other. Bend your knees slightly and move your top leg toward the sky or ceiling. Lift your leg slowly and lower it slowly. Repeat 10 times on each side.

For the Win: Try resistance leg lifts! While lying on your side, place a resistance band around your legs and above your knees while you complete your leg lifts. For more of a challenge, place the band around your ankles.

SINGLE-LEG BALANCE

Stand with your feet hip-width apart, and lift one foot off the ground. If you need, hold your arms out to help you balance. Hold this position for up to a minute or as long as you can and repeat on the other side.

For the Win: Do single-leg extensions. Stand on one foot. Lift your other leg, extending it behind you, in front of you, and off to the side. Center your leg before each extension. Repeat 15 times on each side.

STANDING QUAD STRETCH

Stand on one foot and pull the other behind you, holding the ankle. If you need, hold onto something for balance. Pull your heel toward your buttocks, and hold for 30 seconds. Repeat on each side.

For the Win: Do kneeling quad stretches. Kneel on one knee with the opposite foot planted flat in front of you. Push your hips forward and hold for 30 seconds. Repeat for 3 sets on each side.

STRENGTH & ENDURANCE

ROWS

Put a resistance band around a stable surface, like a tree or fence, holding the band in each hand. Stand facing the band with your feet hip-width apart. Pull the band toward you, squeezing your shoulder blades. Return to your starting position. Repeat 15 times.

For the Win: Do some bodyweight rows. Instead of resistance bands, use your body weight. Find a stable horizontal surface, such as a table or bar, and lie underneath it, grasping the surface firmly with both hands. Pull yourself up then lower yourself back down. Repeat 15 times.

PLANKS

Put your hands and knees on the ground, and then extend your legs behind you. Support your weight on your forearms and toes. Keep your body straight from your head to your heels. Hold this position as long as you can.

For the Win: Try side planks with resistance in your arms. Support your weight on one foot and forearm. Hold a resistance band in both hands, and extend your free arm toward the sky or ceiling. Repeat 10 times on each side.

HEEL RAISES

Stand with your feet shoulder-width apart. Slowly lift your heels off the ground, rising up onto the balls of your feet. Pause as you get to your tip-toe position, then lower your heels slowly back down to the ground. Repeat 20 times.

For the Win: Try single-leg heel raises. Instead of using both feet, lift one foot off the ground while putting your weight on the other foot and lifting that heel up. Repeat 20 times on each side.

SQUATS

Stand with your feet shoulder-width apart. Lower your hips down and back as if you are sitting down in a chair. Keep your weight on your heels. Return to a standing position. Repeat 10 times.

For the Win: Try single-leg squats. Instead of two feet down as you squat, lift one foot off the ground and extend it in front of you as you lower your hips and return to a standing position. Repeat 10 times on each side.

LUNGES

Stand with feet hip-width apart. Take a big step forward with one foot. Lower your hips down until your front knee is bent at a 90-degree angle. Keep your weight on your front heel. Push off your front foot to return to a standing position. Repeat 10 times on each side.

For the Win: Do backward and side lunges. For backward lunges, take a big step backward, lower, and push off your back foot to return to standing. For side lunges, take a step out to the side, lower yourself on that side, and push back up from that foot to return to standing.

For more information, scan the QR code.



Black Hills Orthopedic & Spine Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Walk-ins welcome. No appointment needed.

Rapid City Office

Monday – Friday 9:00 a.m. – 7:00 p.m.

Saturday – Sunday 9:00 a.m. – 2:00 p.m.

Gillette Office

Monday – Friday 8:00 a.m. – 5:00 p.m.



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at BLACK HILLS ORTHOPEDIC & SPINE CENTER