

Strength
Station
1

Strength
Station
4

Strength
Station
7

Strength
Station
10

Cardio
Station
2

Cardio
Station
5

Cardio
Station
8

Cardio
Station
11

Tennis
Station
3

Tennis
Station
6

Tennis
Station
9

Tennis
Station
12

Coach

TXT Guideline

- TXT is a 3 tier circuit system consisting of the Strength, Cardio, and Tennis sections
- Each station is 40 seconds. Proceed to the next station after the 40 second interval (know where you are going ahead of time)
- You can start right away if you are on the strength and cardio stations without waiting for the coach to say "go"
- Throttle your energy accordingly as you are going at your own pace
- Place your racquets outside the doubles alleys after each tennis station
- If a ball is rolling near your feet please move it out of the way
- Please arrive 15 minutes early to stretch/warmup and understand the stations