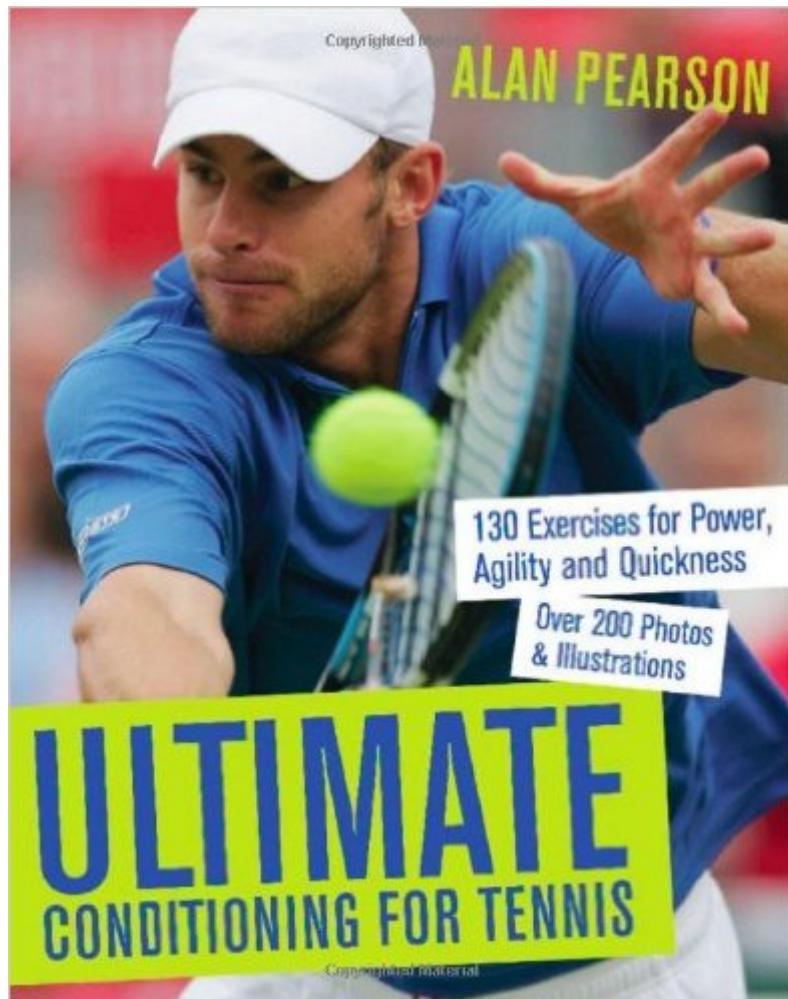


The book was found

Ultimate Conditioning For Tennis: 130 Exercises For Power, Agility And Quickness



Synopsis

OVER 130 DRILLS AND EXERCISES FOR STRENGTH, AGILITY AND QUICKNESS. Tennis is a dynamic, explosive sport that requires a wide range of skills and a high level of fitness. To play your best, you must combine proper form with peak physical ability. *Ultimate Conditioning for Tennis* offers a program for building a rock-solid physical foundation for developing a winning game. Including exercises for everyone from beginner to club pro, the book provides a complete program that incorporates aerobics, plyometrics and functional training. Each exercise is illustrated with step-by-step photos and explained in terms of how it will improve your game--from faster strokes to sharper volleys and perfectly placed passing shots. Cover the court better. Add power to your shot. Hit perfectly placed winners.

Book Information

Paperback: 180 pages

Publisher: Ulysses Press (June 11, 2007)

Language: English

ISBN-10: 1569756090

ISBN-13: 978-1569756096

Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 15.4 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 starsÂ See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,501,278 in Books (See Top 100 in Books) #86 inÂ Books > Sports & Outdoors > Coaching > Tennis #470 inÂ Books > Sports & Outdoors > Individual Sports > Tennis #572 inÂ Books > Sports & Outdoors > Racket Sports

Customer Reviews

Like so many products, this book includes information that could be helpful or useless depending on the need. It has standard information found in many other conditioning books that cover a variety of exercises drills used for a wide variety of sports that may or may not include tennis. It uses figurines to demonstrate some of the drills along with pictures of actual athletes. Depending on the individual, this could be a help or an annoyance. Some of the drills are group drills so the usefulness of this book will depend on this need. I train my daughter in an individual setting, so group drills are not relevant for her. However, club coaches might find them to be very relevant and useful. I have not completed reading the book since so many of the drills are similar to those found in other books that I already use. However, based on the information currently read, I have not found any endorsement

of the book by Andy Roddick even though his face is on the cover of this book. Strengths of this book are as follows: The organization is generally concise. Key teaching points & variations/progressions are helpful sections. There is also a section for proper & improper execution. I don't regularly see this in other books. Therefore, this section provides valuable information. The area & equipment section for each exercise/drill helps organize activities. In sum, the organization & presentation are very good. However, the content seems fairly standard. Therefore, the usefulness of this book will depend on the needs of the athlete(s) as well as the current knowledge or library resources of the coach/trainer/parent. Given the other resources that I already own, my rating of the book is based on its usefulness to me. However, others may find it very helpful if this is a first resource on the subject.

Easy to follow tennis specific work outs. Good pictures and graphs. Get the most of your fitness preparation for tennis.

Good price & fast shipping! Thank you!

[Download to continue reading...](#)

Ultimate Conditioning for Tennis: 130 Exercises for Power, Agility and Quickness Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Tennis) Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) Training for Speed, Agility, and Quickness-3rd Edition (Enhanced Edition with Video) Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days Football Conditioning a Modern Scientific Approach: Fitness Training - Speed & Agility - Injury Prevention Lacrosse: Winning the One Goal Game! (strength training, speed, agility, conditioning) The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Squash: Add more power, speed, agility, and stamina through strength training and proper nutrition Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Complete Conditioning for

Hockey (Complete Conditioning for Sports Series) Complete Conditioning for Soccer, Enhanced Edition (Complete Conditioning for Sports) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Complete Conditioning for Tennis-2nd Edition International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game

[Dmca](#)