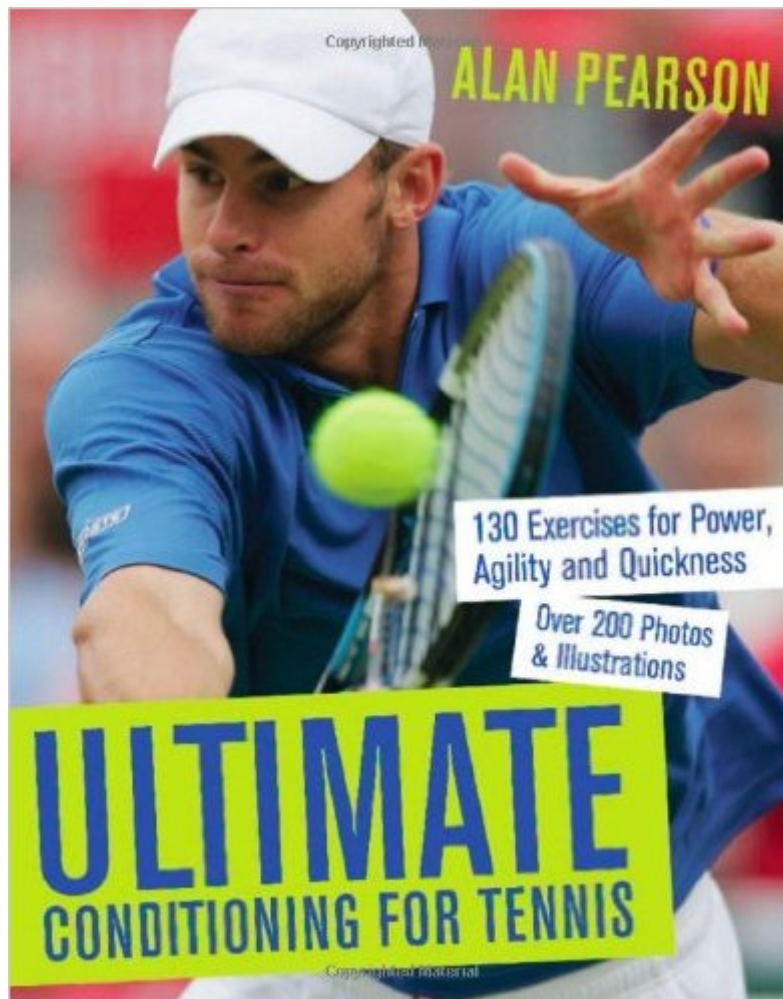


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# Ultimate Conditioning For Tennis: 130 Exercises For Power, Agility And Quickness



## 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

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Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,501,278 in Books (See Top 100 in Books) #86 in [Books > Sports &](#)

[Outdoors > Coaching > Tennis](#) #470 in [Books > Sports & Outdoors > Individual Sports > Tennis](#)

#572 in [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!

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