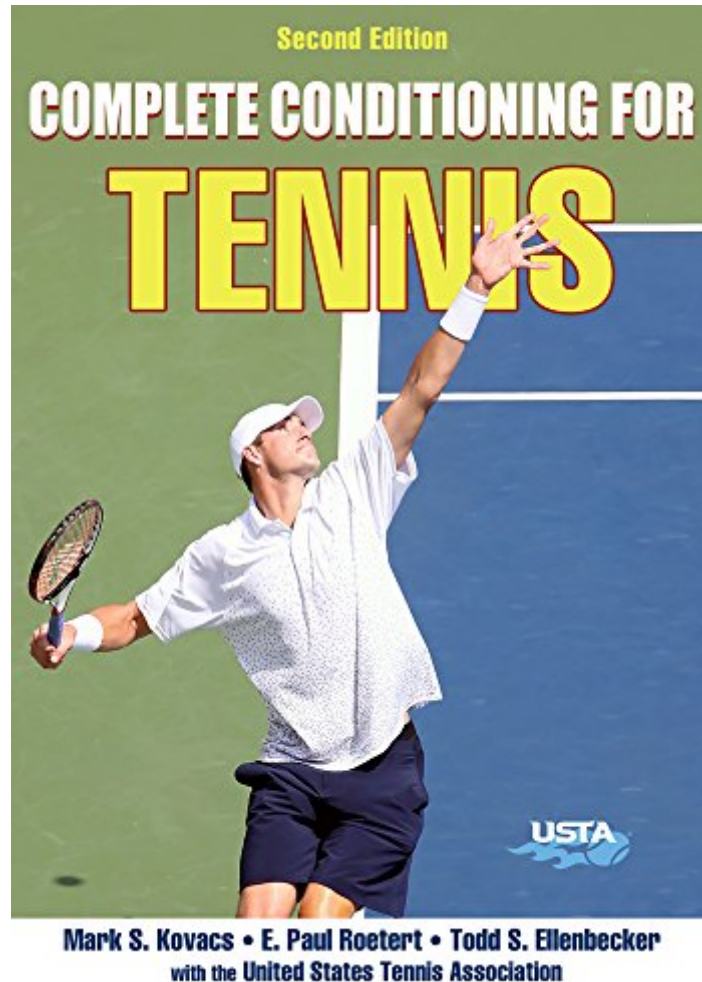


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Complete Conditioning For Tennis-2nd Edition



Synopsis

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Thanks to its 56 videos, you can improve shot power, increase on-court speed and agility, and outlast the opposition with the enhanced edition of Complete Conditioning for Tennis, Second Edition. It's the most comprehensive tennis conditioning resource available. The only strength and conditioning resource endorsed by the United States Tennis Association, Complete Conditioning for Tennis details how to maximize your training with exercises, drills, and programs that-

- assess physical strengths and deficiencies,
- improve footwork and agility,
- increase speed and quickness,
- enhance stamina,
- increase flexibility,
- reduce recovery time, and
- prevent common injuries.

Throughout, you will have access to the same recommendations and routines used by today's top professional players. From increasing the speed and power of your serve and groundstrokes to enhancing on-court agility and stamina, you will be ready to take the court with confidence and endure even the most grueling matches. Off the court, you'll learn recovery techniques and preventive exercises for keeping shoulder and elbow injuries at bay. Featuring more than 200 on- and off-court drills and exercises, Complete Conditioning for Tennis is an essential resource for players, coaches, instructors, and anyone serious about the sport.

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