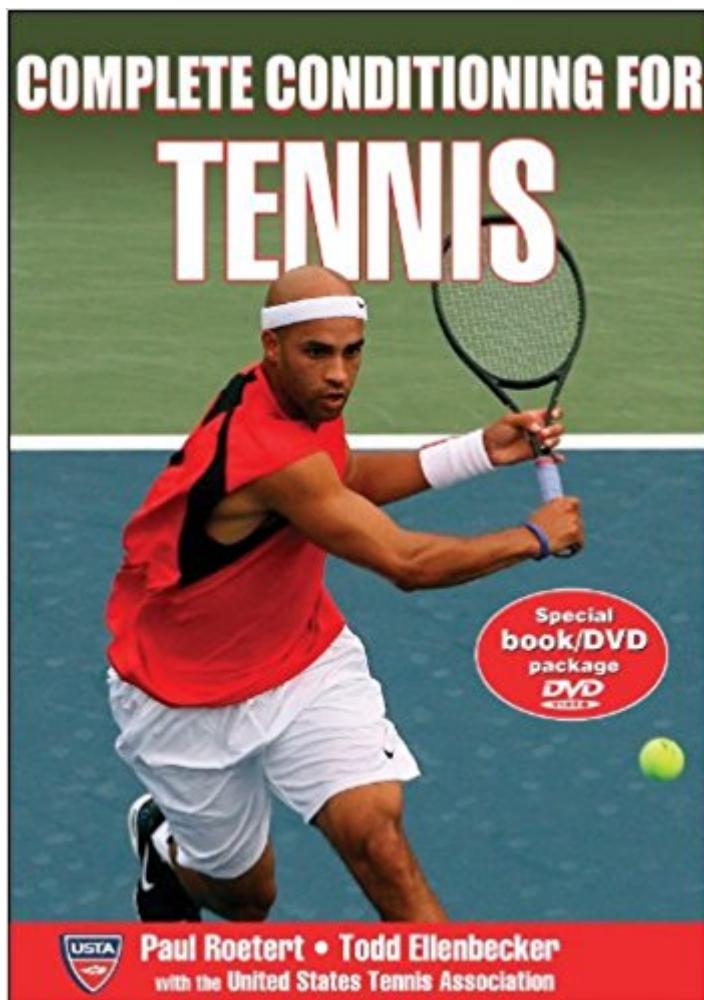


The book was found

# Complete Conditioning For Tennis (Complete Conditioning For Sports Series)



## **Synopsis**

Increase strength, power, agility, and quickness and take your game to a much higher level. Complete Conditioning for Tennis details how to make the most of your training time with exercises, drills, and programs designed to-assess your fitness level,-improve footwork,-increase speed and flexibility,-enhance stamina,-boost mental focus, and-prevent common injuries.Additionally, the 90-minute DVD takes you on court and into the gym to demonstrate the drills and exercises used by the pros. Endorsed by the United States Tennis Association, Complete Conditioning for Tennis is simply the best guide to developing the highest level of athleticism for success in the sport.

## **Book Information**

Series: Complete Conditioning for Sports Series

Paperback: 224 pages

Publisher: Human Kinetics; 1 Pap/DVD edition (August 2007)

Language: English

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Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.1 out of 5 stars 33 customer reviews

Best Sellers Rank: #707,146 in Books (See Top 100 in Books) #44 in Books > Sports & Outdoors > Coaching > Tennis #212 in Books > Sports & Outdoors > Individual Sports > Tennis #256 in Books > Sports & Outdoors > Racket Sports

## **Customer Reviews**

"This book and DVD package is a must for players who want to take their game to the next level. My own training program is based on most of the drills and exercises outlined in this book and DVD."James Blake Professional Tennis Playerâ œThis is a great resource for players of all levels. The DVD serves as a very practical and user-friendly companion piece to an excellent book.â •Chris EvertFormer Tennis Champion"This book covers it all. Anything you ever wanted to know about training for the sport of tennis is right here."Patrick McEnroeU.S Davis Cup CaptainTennis Analyst, ESPN

"This book covers it all. Anything you ever wanted to know about training for the sport of tennis is right here." Patrick McEnroe Professional tennis player Tennis analyst, ESPN "This is a great book

with extremely helpful information for players of all levels; from beginners to professionals." Mary Joe Fernandez Professional tennis player 1992 and 1996 Olympic gold medalist "Finally, a training book that's tied directly to tennis performance. The USTA's conditioning program combines the best in exercise science with the best in on-court skill development." Pam Shriver Tennis analyst, ABC Sports and ESPN Former professional tennis player "This is the most comprehensive conditioning book on tennis currently available." Lindsay Davenport Professional tennis player --This text refers to an out of print or unavailable edition of this title.

I've had the two previous editions of this book. Excellent! I'm an avid tennis player who had hip replacement a year ago. Played four years college tennis and resumed playing again twelve years ago, age 54. Used the book as guide to fitness for competitive tennis and also rehabilitation after the hip operation. Since I'd never really lifted weights previously, "Complete Conditioning For Tennis" was my bible on how to do it and specifically to tennis. Highly recommend this book to all serious tennis players.

Great exercises and explanation of how the body works to prepare yourself better for the court. One great aspect often forgotten by amateurs is the lack of conditioning for playing any sport. There are specific exercises that you need to do for each sport that makes a huge difference in your game. It's not just technique, you need to reach the ball and have good balance to apply it.

My take was that this book was REALLY comprehensive and covered every aspect of conditioning you can imagine. Major chapters include:-warm-up and flexibility training (includes all the major stretches)-agility and footwork (specific drills to improve your footwork)-speed and quickness (more drills to increase your speediness)-core training (a lot of tennis moves depend on a strong trunk)-strength and power training (exercises to increase your upper and lower body strength)-aerobic training (ways to increase your endurance)Also included, a short section on injury prevention - only a page and a half on tennis elbow though (suggestÂ Treat Your Own Tennis ElbowÂ for more on that).Just a ton of information here and I can't see anybody who plays tennis reading this book and not coming away with at least a few nuggets of wisdom. Get this book if you want to get in better physical shape to play tennis or if you're a coach and want more training tips and ideas.

The book reported that it was supposed to include a CD and did not - disappointed an otherwise

good purchase.

Should of bought this years ago for our young tennis player. Great information for the young player on varsity teams.

I gave this book 4 stars mainly because here is nothing out there like it. Power tennis training is not even close to the coverage of this book. This book is for serious players in good shape already. I would say it is designed more for Juniors and Satellite hopefuls than the weekend player. If you are working on the gut and hoping this will bring your game up you need to do more work before getting started on this book. It has great stretching tips and fantastic agility drills and explains how to train based on playing tennis. What it contains is very good. The training programs however are written by people with no real world lives. They are all pros or have been around pros without I would suspect a normal 9-5 family and job. It references a lot of weight training equipment that must be in a nice gym. It covers and gets into more tournament fitness building strategy rather than an average weekend game. A modified version for the average guy would be nice. A very big disappointment was nutrition. I was really hoping to learn when to eat, what to eat before a match etc. This book covered nothing about nutrition. It talked about water and sodium, that's it. If you're really into tennis and run three times a week already and work out some, you can benefit from this book. The fitness test is good and gives you goals to shoot for but you better be self motivated. If they add two more chapters; nutrition and a modified weekend player's life, home workout system this book would be perfect.

Even though it took few days, book was in perfect condition just how it was stated. Bonus part is, it still contains the DVD that come with the book. Happy with my purchase and great price.

The book is good, but the DVD is missing.

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