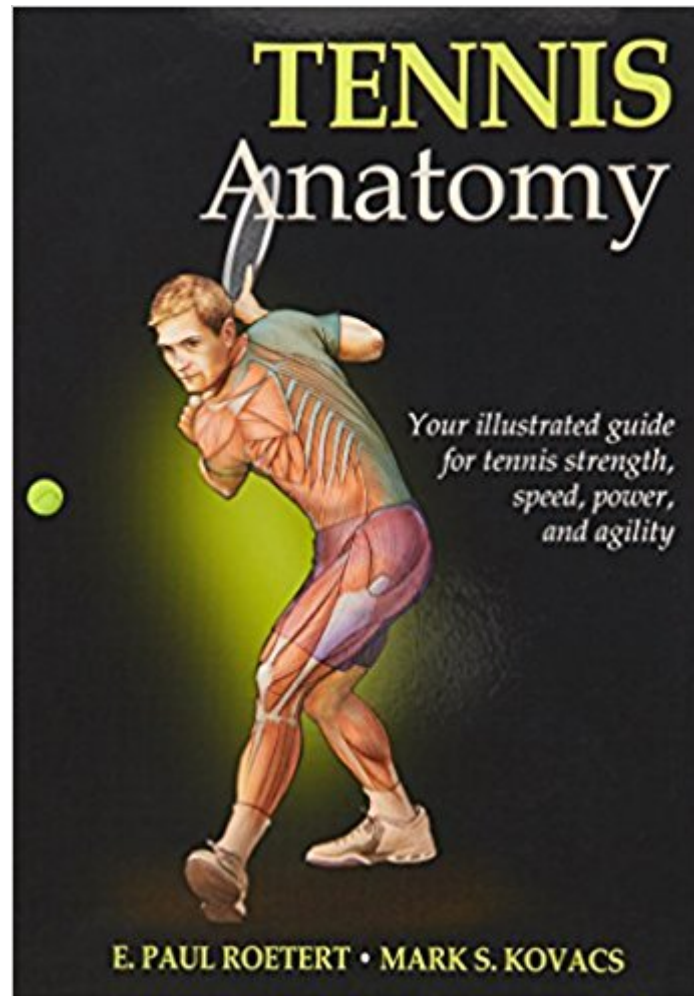




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Tennis Anatomy



Synopsis

See your tennis game as you never have before. See what it takes to improve consistency and performance on the court. Tennis Anatomy will show you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots. Tennis Anatomy includes more than 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Tennis Anatomy goes beyond exercises by placing you on the baseline, at the net, and on the service line. Illustrations of the active muscles for forehands, backhands, volleys, and serves show you how each exercise is fundamentally linked to tennis performance. You'll also learn how exercises can be modified to target specific areas, improve your skills, and minimize common tennis injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you're a serve and volleyer, baseliner, or all-court player, Tennis Anatomy will ensure that you step onto the court ready to dominate any opponent. v

Book Information

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Customer Reviews

I bought the Kindle Edition. As an anaesthesiologist who has read a lot about medicine I can assure you that this book has been written in a magnificent style and illustrated in an outstanding manner. When I bought it I was struggling with some injuries: * Left wrist pain (although I am a right handed player): Diagnosed as tendonitis. * Both right and left shoulder pain, mainly left shoulder (probably associated to an old trauma). * Left (posterior) knee and tibial pain. So, I bought this book and now I am free of these problems. What I found to be great was all the theory behind tennis

injuries. I think the most valuable concept is the need to train your non dominant side and also work your upper and lower body. I found enriching the "playing styles and court surfaces" explanations, this will guide your fitness plan when you decide to be a serious competitor. It has thorough explanations about forehand, backhand (one/two handed), serves, overheads and volleys with muscular and training considerations that are great. Check content ("look inside") and you will see it is organized in a very logical style. You will find some very basic exercises that probably won't need much gym equipment (hamstring stretch, wrist-arm-elbow endurance) and other that will make you go to a good gym. I bought a light (5 pounds) dumbbell and a Reebok Balance Board, and I try to go to the gym once/twice a week. For its price and content I must rate it 5 stars.

If you're serious about tennis coaching, then you'll probably realize that there are only so many tennis books before you plateau in knowledge. While there are many, many great tennis books, they all cover a revolving set of topics - technique, strategy, and so-called "tips and tricks" books that just buckshot a bunch of tennis wisdom in a largely disorganized manner. All three have changed significantly over the past twenty years, rendering many of these books outdated, if not outright useless for modern tennis. Using technique from as recent as the early 2000's would be difficult to compete with today's heavy, baseline-slugger style of game, and strategy has grown to depend a lot more on physicality than pure shot-making and placement. Tennis Anatomy addresses the issue of outdated knowledge by going to the root of the problem - the human body. The human body does not evolve (at least not in a lifetime), and with better understanding of it, you acquire what I consider the foundation of great tennis knowledge. Great tennis knowledge, in my opinion, is not about memorizing thousands of drills and copying swing techniques of top pros. It's about understanding the subtle differences between sound biomechanics and individual style. This book will plant those seeds if you study it well. It will allow you to develop drills that specifically address certain parts of the body when development starts to lag. In turn, this translates into smarter and more targeted training plans, resulting in more efficient practices. The exercises in this book, although relevant, are not the most cutting edge. However, they are simplistic enough to help you understand why and how they target the specific areas, and why they are needed.

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