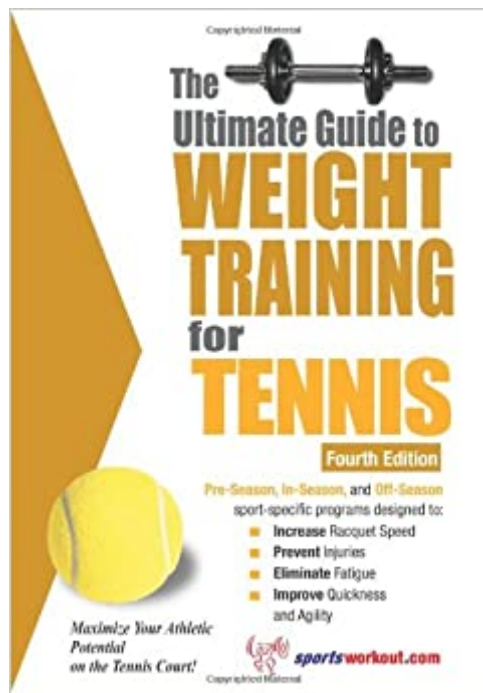




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# The Ultimate Guide To Weight Training For Tennis (Ultimate Guide To Weight Training: Tennis)



## Synopsis

The Ultimate Guide to Weight Training for Tennis is the most comprehensive and up-to-date tennis-specific training guide in the world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round tennis-specific weight-training programs guaranteed to improve your performance and get you results. No other tennis book to date has been so well designed, so easy to use, and so committed to weight training. This book will increase your strength, agility, and endurance enabling more powerful and precise backhands, forehands, and serves. Following this program will allow tennis players of all skill levels to stay strong until the final shot. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too! As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

## Book Information

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## Customer Reviews

I've been using your tennis book for the past month or so, and I must say, this book has remarkably improved my performance on the court. Fatigue has disappeared and the power and agility I now have while playing the game is incredible. My one-handed backhand that was once a weakness, has become a blazing weapon. Ground strokes are more powerful than ever and my serve just kills. I maintain the same amount of intensity at all times, start to finish thanks to the endurance training

your book has me doing. This has resulted in numerous wins, and now, a national ranking. I owe it all to your book. The programs were easy, simple and most important, efficient. I can't wait to get through the whole program to get to that holy peak performance period. --Van Al play NCAA D III Tennis in Tennessee. I recently bought your Tennis book and have been following very closely. So far the book has done wonders for me. Not only have I increased my speed on the court and "amped" up my serve, but I am now able to "last longer" on the court. I feel like this book has given me the strength to play 3 plus hours of tennis each day at the highest performance level. Prior to using your book, I was doing exercises which only increased my strength for short periods of time. Tennis is an endurance sport filled with short bursts of movement and "a million" racquet swings. The weight training program specifically designed tennis players involves increased repetitions and lighter weights and has enabled me to finish a practice or match with the same energy and performance level as when I started it. Immediately after school is out, I am going to start the "off season" workout program to improve my game that much more! Thanks again. --Matthew WI have been enjoying my workout program for the last few months and it has really made a difference to my fitness and stamina. My performance in tournament tennis has also improved as a result. I feel you have given me the tools to continue this method of training. --Satish D

Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin. He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world, including the USA Today, for his sports-training expertise. Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's e-Training service. In addition to being an internationally recognized fitness expert, Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars.

I hate pictures in books taken with cheap cameras. Some of the photos reveal stuff you would never have thought of? Why a picture of a pushup or a neckroll. I am a USPTA tennis pro (from Bollettieri's in Florida) and some of the exercises in this book are not tennis specific. Here's the big problem: Exercises with weights can often cause erratic stroking. Too many bicep curls, for example, often cause an upward swing forward. Remember: You only have 17 degrees left/right before you hit wide shots. Dumbell fly's can cause you to hit too far forward, which for right handers will pull the ball wide on the left when it crosses the net. I was annoyed at: NO index. Maybe weight

training might help an upper level player with endurance, but it's nowhere near as beneficial as cardio exercise. Pass on weights; get on the court!

Perfect service and very interesting book

I have been working out for over fifty years and found this book to be a big disappointment. There are a few pages stating how your tennis will benefit from weight training. Other than that, there is almost nothing that is tennis specific. I found this book to be a complete waste of money for anyone who already has knowledge of weight training in general. I did not see any new exercises that were not already described in various other weight training manuals. If you are a novice to weight training, this book may be of some value to you. However, there are better weight training books out there.

I have a few of the books from this series, and they're very good. Pictures for everything and well written out plans. Obviously everyone needs their own plan, so don't expect the plans to be perfect for everyone.

This book has no index, making it impossible to find any specific exercises without combing through the entire book.

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