

# Functional Training For Tennis: How The Tennis Gods Play

Are you ready to take your tennis game to the next level? Functional Training For Tennis is the ultimate guide to unlocking your tennis potential and playing like the greats.



## Functional Training For Tennis (How the Tennis Gods Play) by Harvard Business Review

★★★★☆ 4.7 out of 5

Language	: English
File size	: 5861 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 63 pages
Lending	: Enabled



Written by a team of world-renowned tennis coaches and fitness experts, this book provides a comprehensive and scientifically-backed approach to functional training for tennis.

## What is Functional Training?

Functional training is a type of exercise that mimics the movements and demands of your specific sport or activity. In tennis, functional training exercises are designed to improve your:

- Strength
- Power
- Agility
- Mobility
- Flexibility
- Injury prevention

By incorporating functional training into your routine, you can improve your overall fitness and performance on the court.

## **What's Inside Functional Training For Tennis?**

Functional Training For Tennis is packed with over 100 exercises and drills that are specifically designed for tennis players. The book is divided into four sections:

1. **Foundation:** This section covers the basics of functional training, including warm-ups, cool-downs, and injury prevention.
2. **Strength:** This section provides exercises to improve your strength, power, and explosiveness.
3. **Agility:** This section covers drills to improve your agility, quickness, and footwork.
4. **Mobility:** This section provides exercises to improve your mobility, flexibility, and range of motion.

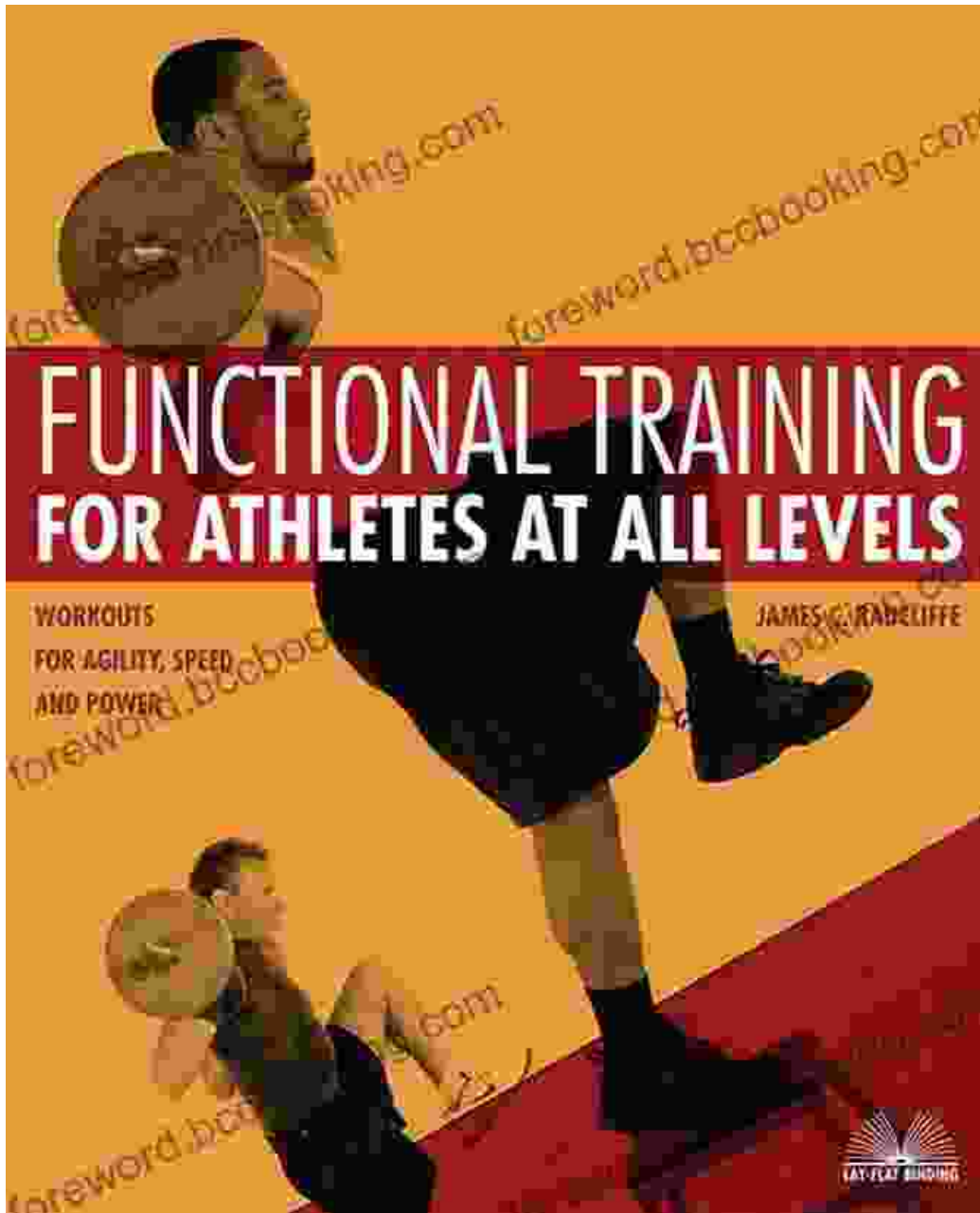
Each section is illustrated with full-color photos and detailed instructions. The book also includes a sample training program that you can follow to get started.

## **Benefits of Functional Training For Tennis**

Functional training has a number of benefits for tennis players, including:

- Improved strength and power
- Increased agility and quickness
- Enhanced mobility and flexibility
- Reduced risk of injury
- Improved overall fitness and performance

If you're serious about taking your tennis game to the next level, Functional Training For Tennis is the book for you. Free Download your copy today and start training like the tennis gods!



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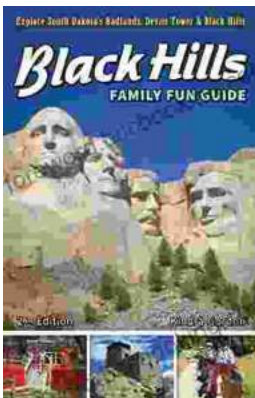
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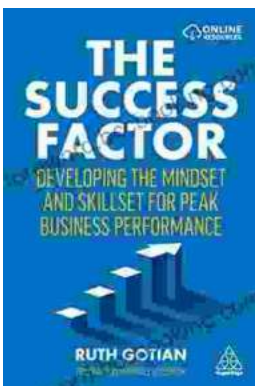
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