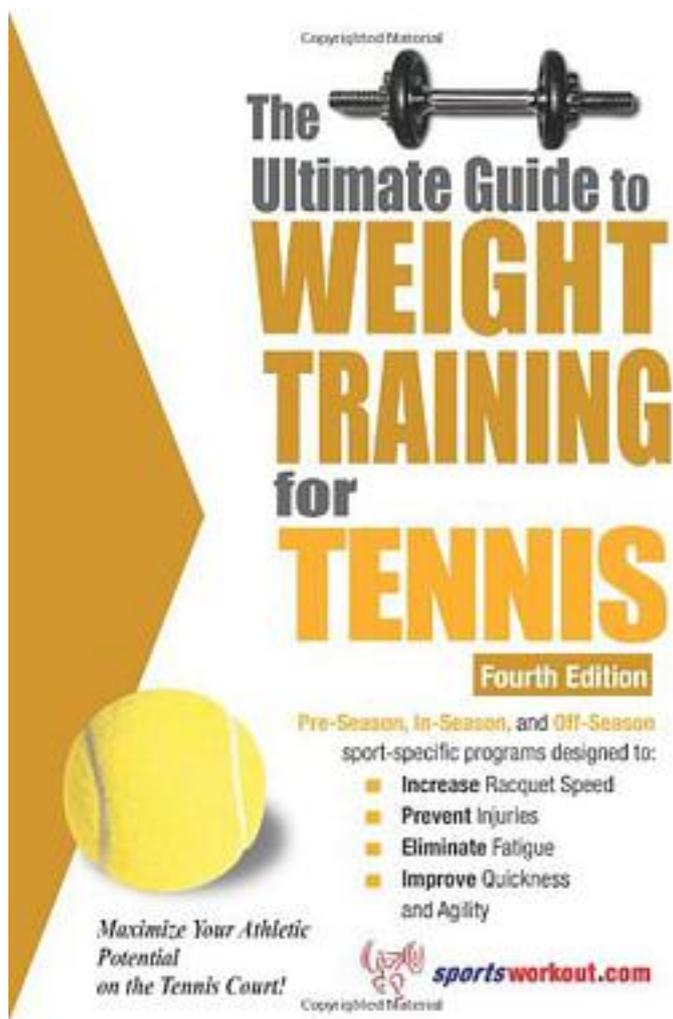


Ultimate Guide to Weight Training for Tennis



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著者:Price, Robert G.

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This 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 world-wide. The 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 utilise 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.

作者介绍:

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