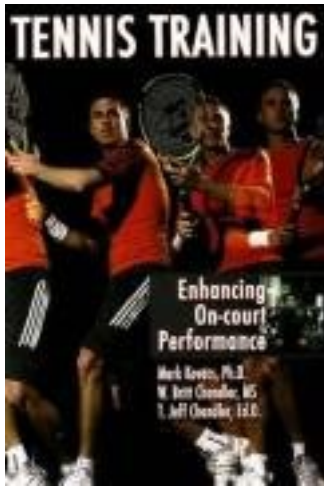


# Tennis Training



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Filled with action photographs to illustrate the exercises and techniques, this book distils contemporary scientific research into easily accessible principles for designing and implementing tennis training programs. Sample programs provide a highly targeted, efficient, practical, and individualised framework for every competitive level, including junior, collegiate, professional, adult, and senior. Science is brought to the court with clarity and precision, informing and transforming on-court performance.

作者介绍:

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