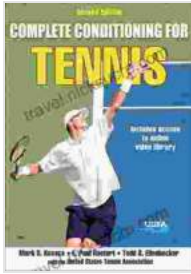


# Complete Conditioning For Tennis: The Ultimate Guide to All-Around Fitness For Tennis Players

- **Warm-up:** 5 minutes of light cardio, such as jogging or cycling
- **Cardiovascular endurance:** 20 minutes of moderate-intensity cardio, such as running, cycling, or swimming
- **Muscular strength:** 3 sets of 10-12 repetitions of each of the following exercises:
  - Squats
  - Push-ups
  - Rows
  - Lunges
  - Calf raises
- **Power:** 3 sets of 8-10 repetitions of each of the following exercises:
  - Plyometrics
  - Olympic lifts
  - Medicine ball exercises
- **Speed:** 3 sets of 10-12 repetitions of each of the following exercises:

**Complete Conditioning for Tennis (Complete Conditioning for Sports)** by Mark Kovacs

★★★★☆ 4.5 out of 5



Language : English  
File size : 190509 KB  
Text-to-Speech: Enabled  
Word Wise : Enabled  
Print length : 304 pages  
Lending : Enabled  
Screen Reader: Supported

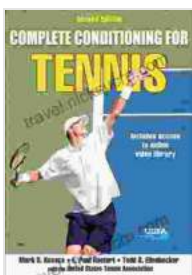


- Sprints
- Agility drills
- Plyometrics
- **Agility:** 3 sets of 10-12 repetitions of each of the following exercises:
  - Agility drills
  - Plyometrics
  - Cone drills
- **Balance:** 3 sets of 10-12 repetitions of each of the following exercises:
  - Standing on one leg
  - Using a balance board
  - ng yoga
- **Coordination:** 3 sets of 10-12 repetitions of each of the following exercises:
  - Playing catch

- juggling
- dance
- **Flexibility:** 3 sets of 10-12 repetitions of each of the following exercises:
  - Stretching
  - Yoga
  - Pilates
- **Cool-down:** 5 minutes of light cardio, such as jogging or cycling
- **Warm-up:** 5 minutes of light cardio, such as jogging or cycling
- **Cardiovascular endurance:** 30 minutes of moderate-intensity cardio, such as running, cycling, or swimming
- **Muscular strength:** 3 sets of 8-10 repetitions of each of the following exercises:
  - Squats
  - Push-ups
  - Rows
  - Lunges
  - Calf raises
- **Power:** 3 sets of 6-8 repetitions of each of the following exercises:
  - Plyometrics
  - Olympic lifts

- Medicine ball exercises
- **Speed:** 3 sets of 8-10 repetitions of each of the following exercises:
  - Sprints
  - Agility drills
  - Plyometrics
- **Agility:** 3 sets of 8-10 repetitions of each of the following exercises:
  - Agility drills
  - Plyometrics
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- **Coordination:** 3 sets of 8-10 repetitions of each of the following exercises:
  - Playing catch
  - Juggling
  - Dance
- **Flexibility:** 3 sets of 8-10 repetitions of each of the following exercises:

- Stretching
- Yoga
- Pilates
- **Cool-down:** 5 minutes of light cardio, such as jogging or cycling
- Set realistic goals. Don't try to do too much too soon. Start with a few small goals and gradually add more as you get stronger and more fit.
- Find a workout buddy. Having someone to workout with can help you stay motivated and accountable.
- Make exercise a priority. Schedule time for exercise in your day and stick to it.
- Find activities that you enjoy. If you don't enjoy your workouts, you're less likely to stick with them.
- Reward yourself for your effort



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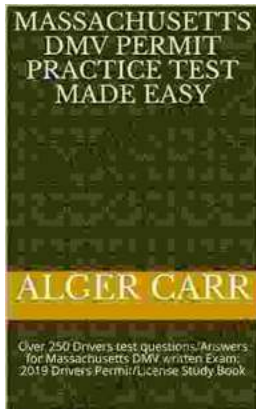
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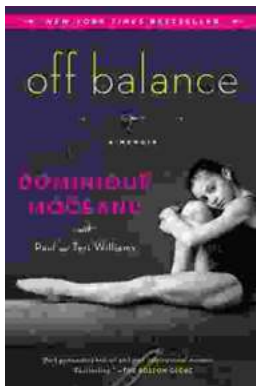
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