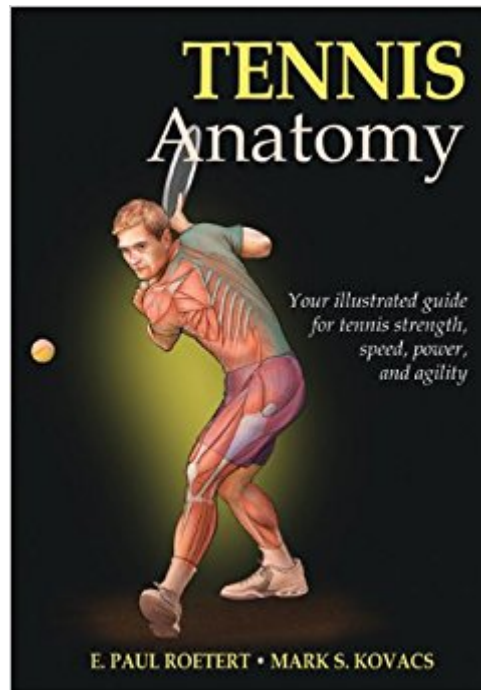




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# Tennis Anatomy



## Synopsis

See your tennis game as you never have before. See what it takes to improve consistency and performance on the court. Tennis Anatomy will show you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots. Tennis Anatomy includes more than 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Tennis Anatomy goes beyond exercises by placing you on the baseline, at the net, and on the service line. Illustrations of the active muscles for forehands, backhands, volleys, and serves show you how each exercise is fundamentally linked to tennis performance. You'll also learn how exercises can be modified to target specific areas, improve your skills, and minimize common tennis injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you're a serve and volleyer, baseliner, or all-court player, Tennis Anatomy will ensure that you step onto the court ready to dominate any opponent.

## Book Information

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## Customer Reviews

"In Tennis Anatomy, the authors do a terrific job of explaining how to use a balanced strength and conditioning program. The information is practical for all levels and an invaluable tool for better performance on the court." -- Paul Annacone, Current Coach of Roger Federer and Former Coach of Pete Sampras "Tennis Anatomy is an essential resource for both players and coaches. Roetert and Kovacs provide expert instruction and a one-of-a-kind look inside the game." -- John Isner, United States Davis Cup Player "Tennis Anatomy has the finest anatomical illustrations

and top-notch training recommendations. It's a must-have for tennis players at any level seeking to improve their game and prevent injuries. -- Todd Ellenbecker, Chairman of the United States Tennis Association's (USTA) National Sport Science Committee, Coauthor of Complete Conditioning for Tennis and Strength Band Training, Second Edition

E. Paul Roetert, PhD, is the Chief Executive Officer of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), where he is responsible for promoting leadership, research, education, and best practices in the professions that support creative, healthy, and active lifestyles. Prior to this position, Roetert was the Managing Director of the United States Tennis Association's (USTA's) Player Development Program and Tournament Director of the U.S. Open Junior Tennis Championships from 2002 to 2009. He has also served as the Executive Director of the American Sport Education Program (ASEP) and as the Administrator of Sport Science for the USTA, where he developed the sport science program. Roetert has published extensively in the field of tennis, including several books, more than 20 book chapters, and over 100 articles. He is a Fellow in the American College of Sports Medicine, a Master Professional with the United States Professional Tennis Association (USPTA), and an Honorary Professional of the Professional Tennis Registry (PTR). He was the 2002 Educational Merit Award recipient from the International Tennis Hall of Fame for outstanding service to the game of tennis. Roetert holds a PhD in biomechanics from the University of Connecticut. Mark S. Kovacs, PhD, is the Senior Manager of Sport Science and Coaching Education for the United States Tennis Association (USTA). He was a collegiate All-American and NCAA doubles champion at Auburn University. After playing professionally, he pursued his graduate work performing tennis-specific research and has a graduate degree in exercise science and a PhD in exercise physiology. Mark has published and presented tennis-specific research in numerous top scientific journals and at national and international conferences. He is an author of the tennis conditioning text Tennis Training: Enhancing On-Court Performance and is currently the Assistant Editor-in-Chief of the Strength and Conditioning Journal. Mark is also still actively working as a strength and conditioning specialist training elite professional tennis players, including athletes who have participated in all of the Grand Slam tournaments.

I bought the Kindle Edition. As an anaesthesiologist who has read a lot about medicine I can assure you that this book has been written in a magnificent style and illustrated in an outstanding manner. When I bought it I was struggling with some injuries: \* Left wrist pain (although I am a right

handed player): Diagnosed as tendonitis.\* Both right and left shoulder pain, mainly left shoulder (probably associated to an old trauma).\* Left (posterior) knee and tibial pain. So, I bought this book and now I am free of these problems. What I found to be great was all the theory behind tennis injuries. I think the most valuable concept is the need to train your non dominant side and also work your upper and lower body. I found enriching the "playing styles and court surfaces" explanations, this will guide your fitness plan when you decide to be a serious competitor. It has thorough explanations about forehand, backhand (one/two handed), serves, overheads and volleys with muscular and training considerations that are great. Check content ("look inside") and you will see it is organized in a very logical style. You will find some very basic exercises that probably won't need much gym equipment (hamstring stretch, wrist-arm-elbow endurance) and other that will make you go to a good gym. I bought a light (5 pounds) dumbbell and a Reebok Balance Board, and I try to go to the gym once/twice a week. For its price and content I must rate it 5 stars. I have other tennis books:-  
• Stretching Anatomy  
• The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance  
• Seven Habits of Successful Doubles  
• The Art of Doubles: Winning Tennis Strategies and Drills  
• Tennis Serve Technique and Tips: The How-To Guide  
• Building a Champion: The Fundamentals of Playing & Coaching Tennis. P.S: I am an intermediate-advanced tennis player (NTRP: 4,5 level\*); I like technical aspects about racquets, strings, tennis shoes and tennis accessories. Nowadays I am playing 80% of my time on clay surface and 20% on hard courts. I play 10-12 hours per week. Racquets currently I am using: Volkl power bridge 8, Dunlop biomimetic 400 tour, Volkl power bridge 9. Stringing: Hybrid with technifibre NRG2 (17) in mains and babolat duralast (17) in crosses. I am mainly a baseline player, using an eastern forehand grip and one-handed backhand. I have other tennis items reviews, maybe can be useful 4 u. Votes are welcome ..... if you wish ...\*If you want to know your tennis level visit: National Tennis Rating Program at the USTA web site.

I have found these types of books to be particularly helpful in focusing my attention on the appropriate muscle groups and avoiding injury. I purchased this book for my son, who is on a tennis team. While he hasn't used it much (because mom suggested it :-)) I have found the arm and shoulder exercises particularly helpful. It also introduced me to resistance equipment, which I have added to my home workout routine- thus avoiding the need to buy a gym membership or expensive machines.

Love this book! This is my second copy - my first copy was stolen. Great pics. Great suggestions for

strengthening. I do massage only on tennis players, and this book is invaluable!

A unique look at the physiology behind tennis, this book is fascinating. The illustrations are detailed and it's good for players who want to 1) visualize the muscles and connective tissue used during play, 2) identify muscle groups that support various shots; for working out and strengthening those shots 3) reduce nagging pains/prevent injury. Additionally, it is a great visual reference for anyone undergoing Physical Therapy. The detailed dimensional images will help you visualize the muscle groups on which your therapist is having you work. I strongly suggest the digital version. If you have an iPad/tablet you can take this to the gym, court or PT training sessions.

I ordered this book to help me get stronger for competitive tennis. I assumed I would have to develop routines based on the anatomical illustrations in the book. I was delighted that the authors had already done all of that work for me with suggested exercises that are clearly illustrated and explained. I was familiar with the authors' contributions to the USTA fitness publications, but this book is much better. Highly recommended.

stocking stuffer

Product delivered on time. Exactly as described.

I got this for my tennis-obsessed husband, and he loves it. Now he knows exactly which muscle is aching after every game. Seriously, though, he appreciates the information on how to prevent injuries to those muscles. -- a loving tennis widow

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