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# Advanced Concepts Of Strength & Conditioning For Tennis



## Synopsis

Philipp Halfmann wrote THE book about strength and conditioning training for tennis you have been waiting for. Based on his own experiences as a competitive tennis player and a successful conditioning coach and backed by scientific research studies conducted during the Master's degree program in Exercise & Sport Science at FIU, this book is the must read lecture for anybody serious about competing on the competitive collegiate or professional tennis circuit. This book is designed for the purpose of teaching and applying and organized in sensible, constructive order. Each chapter first provides explanation of underlying scientific principles and then presents practical solutions in form of applications or exercises and training recommendations. For coaches

â Advanced Concepts of Strength & Conditioning for Tennis" provides a comprehensive and cohesive body of knowledge and over 400 applications that can be utilized to develop all aspects of athletic conditioning for all skill levels, from recreational players to college athletes to professional player, in a safe and professional environment. For players the book offers everything they need to know with respect to stretching, resistance training, ballistics, plyometrics, speed, agility, quickness training as well as nutritional strategies necessary to lay the foundation for a successful career. For parents, it is a valuable resource in making informed decision when planning a successful career for their children. Whether you need to pick coaches, design conditioning programs on your own, or make prudent decision with regards to proper nutrition, this book provides the answers for you.

## Book Information

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## Customer Reviews

must have book for serious students of the game... well done! Learnt a lot!

I love this book. I bought it and began working with my son, who is a 14 year old serious tennis player with the dream of becoming a professional tennis player. We used a lot of the information and provided exercises and the results were amazing! First and foremost we had no more injuries, which allowed us to continuously improve overall fitness and my son was winning more matches at tournaments. With the help of the resistance training exercises in chapter 6 my son developed stronger legs, core and upper body and we were able to improve his footwork, speed and agility on the court - the agility drills, diagrams, videos and information about speed, agility and quickness training in chapter 7 were awesome! The videos were great and helped me a lot to understand how to perform the exercise correctly as I'm not a great athlete myself. What I like most about the book are the exercise progressions because that allows me to use different/better exercises as my son becomes better and better as an athlete - I got a better idea what we were ultimately working towards and I can use it for years to come. Another advantage is that it provides for training recommendations. For example, we did the fitness assessments and when we found a deficiency the book told us which exercises we can do to correct them.

This was a great gift for my personal trainer, if you want to understand advanced strength and conditioning definitely look into this book. He was extremely pleased!

Excellent

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