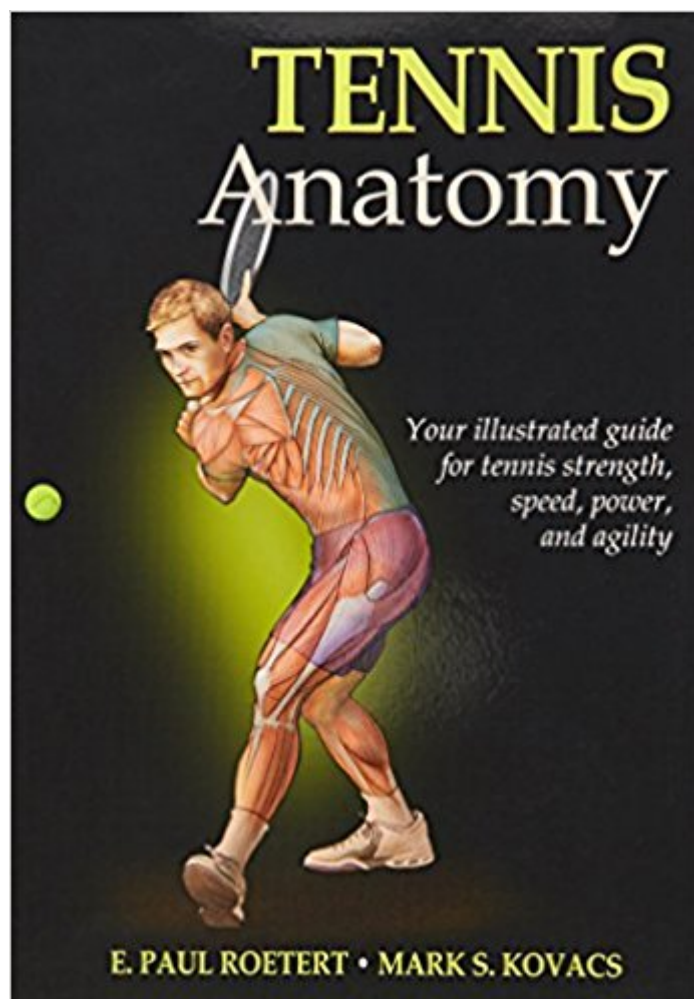


The book was found

# 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. v

## Book Information

Paperback: 216 pages

Publisher: Human Kinetics; Original edition (July 1, 2011)

Language: English

ISBN-10: 0736089365

ISBN-13: 978-0736089364

Product Dimensions: 6.9 x 0.4 x 9.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (34 customer reviews)

Best Sellers Rank: #244,379 in Books (See Top 100 in Books) #20 in Books > Sports & Outdoors > Coaching > Tennis #92 in Books > Sports & Outdoors > Individual Sports > Tennis #107 in Books > Sports & Outdoors > Racket Sports

## Customer Reviews

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.

If you're serious about tennis coaching, then you'll probably realize that there are only so many tennis books before you plateau in knowledge. While there are many, many great tennis books, they all cover a revolving set of topics - technique, strategy, and so-called "tips and tricks" books that just buckshot a bunch of tennis wisdom in a largely disorganized manner. All three have changed significantly over the past twenty years, rendering many of these books outdated, if not outright useless for modern tennis. Using technique from as recent as the early 2000's would be difficult to compete with today's heavy, baseline-slugger style of game, and strategy has grown to depend a lot more on physicality than pure shot-making and placement. Tennis Anatomy addresses the issue of outdated knowledge by going to the root of the problem - the human body. The human body does not evolve (at least not in a lifetime), and with better understanding of it, you acquire what I consider the foundation of great tennis knowledge. Great tennis knowledge, in my opinion, is not about memorizing thousands of drills and copying swing techniques of top pros. It's about understanding the subtle differences between sound biomechanics and individual style. This book will plant those seeds if you study it well. It will allow you to develop drills that specifically address certain parts of the body when development starts to lag. In turn, this translates into smarter and more targeted training plans, resulting in more efficient practices. The exercises in this book, although relevant, are not the most cutting edge. However, they are simplistic enough to help you understand why and how they target the specific areas, and why they are needed.

[Download to continue reading...](#)

Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Tennis) Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) Tennis: The

Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days  
International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals  
Worldwide Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game  
Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis  
The Tennis Drill Book (Tennis Drill Book, Paper)  
The Tennis Book: The Illustrated Encyclopedia of World Tennis  
Tennis Strings Made Easy: All you need to know about Tennis Strings  
Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series)  
Tennis Anatomy Human Anatomy & Physiology (9th Edition) (Marieb, Human Anatomy & Physiology)  
Human Anatomy & Physiology Laboratory Manual, Fetal Pig Version (12th Edition) (Marieb & Hoehn Human Anatomy & Physiology Lab Manuals)  
Anatomy & Physiology: The Unity of Form and Function: Anatomy & Physiology: The Unity of Form and Function Clinically Oriented Anatomy 6th Edition Testbank: Testbank Questions for the book Clinically Oriented Anatomy 6th Edition  
McMinn's Clinical Atlas of Human Anatomy with DVD, 6e (McMinn's Clinical Atls of Human Anatomy)  
Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout)  
Cycling Anatomy (Sports Anatomy)  
Tennis: Origins and Mysteries; With a Historical Bibliography  
The Amazing Tennis Ball Back Pain Cure

[Dmca](#)