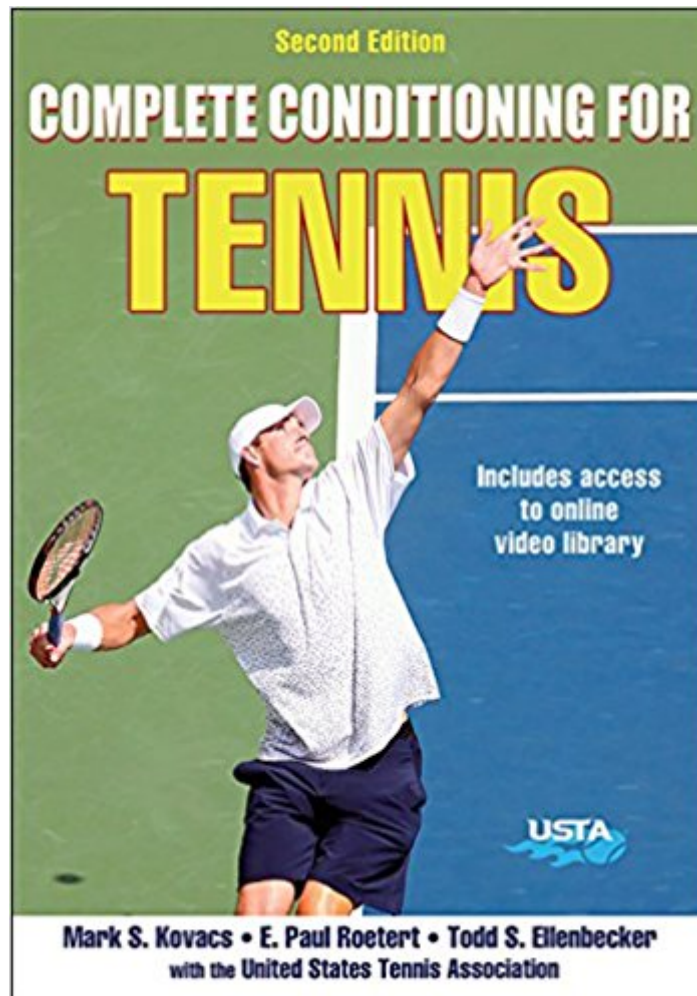




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# Complete Conditioning For Tennis 2nd Edition



## Synopsis

Improve shot power, increase on-court speed and agility, and outlast the opposition with Complete Conditioning for Tennis, the most comprehensive tennis conditioning resource available! The only strength and conditioning resource endorsed by the United States Tennis Association, Complete Conditioning for Tennis details how to maximize your training with exercises, drills, and programs that will assess physical strengths and deficiencies, will improve footwork and agility, will increase speed and quickness, will enhance stamina, will increase flexibility, will reduce recovery time, and will prevent common injuries. Throughout, you will have access to the same recommendations and routines used by today's top professional players. From increasing the speed and power of your serve and groundstrokes to enhancing on-court agility and stamina, you will be ready to take the court with confidence and endure even the most grueling matches. Off the court, you will learn recovery techniques and preventive exercises for keeping shoulder and elbow injuries at bay. Featuring more than 200 on- and off-court drills and exercises combined with exclusive online access to 56 video clips, Complete Conditioning for Tennis is an essential resource for players, coaches, instructors, and anyone serious about the sport.

## Book Information

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## Customer Reviews

The United States Tennis Association (USTA) is the national governing body for the sport of tennis and the recognized leader in promoting and developing the sport's growth on every level in the United States, from local communities to the crown jewel of the professional game, the U.S.

Open.Â Â Established in 1881, the USTA is a progressive and diverse not-for-profit organization whose volunteers, professional staff, and financial resources support the singular mission. The USTA is the largest tennis organization in the world, with 17 geographical sections, more than 700,000 individual members and more than 7,800 organizational members, thousands of volunteers, and a professional staff dedicated to growing the game. In addition to the professional side of the sport, the USTA offers sanctioned league-play opportunities to players 18 years of age and older. Camps and other instructional opportunities are also provided to younger players around the country.

Mark Kovacs, PhD, FACSM, CTPS, MTPS, CSCS,\*D, USPTA, PTR, is a performance physiologist, researcher, professor, author, speaker, and coach with an extensive background in training and researching elite athletes. He runs a consulting firm focused on optimizing human performance by the practical application of cutting-edge science. He is a consultant to the ATP, WTA, USTA, and NCAA. Dr. Kovacs also is the director of the Life Sport Science Institute and associate professor of sport health science at Life University. Heovacs has worked with hundreds of elite athletes and more than two dozen top professional tennis players, including John Isner, Robby Ginepri, Ryan Harrison, and Sloane Stephens. He formerly directed the sport science, strength and conditioning, and coaching education departments for the United States Tennis Association and was the director of the Gatorade Sport Science Institute as well as an executive at Pepsico. He is coauthor of the book *Tennis Anatomy* (Human Kinetics, 2011). Dr. Kovacs currently is the executive director of the International Tennis Performance Association (iTPA), the worldwide association for tennis-specific performance and injury prevention. He is a certified tennis performance specialist and a master tennis performance specialist through the iTPA. He is also a certified strength and conditioning specialist through the National Strength and Conditioning Association (NSCA) and both a USPTA and PTR certified tennis coach. Dr. Kovacs is a fellow of the American College of Sports Medicine. In 2012, he was the youngest-ever recipient of the International Tennis Hall of Fame Educational Merit Award. Kovacs was a collegiate All-American and NCAA doubles champion in tennis at Auburn University. After playing professionally, he performed tennis-specific research and earned a master's degree in exercise science from Auburn University and a PhD in exercise physiology from the University of Alabama.

E. Paul Roetert, PhD, FACSM, is the chief executive officer of SHAPE America, the largest organization of professionals involved in school-based health, physical education, and physical activity. Founded in 1885, SHAPE America is committed to ensuring all children have the opportunity to lead healthy, physically active lives. He holds a PhD in biomechanics from the University of Connecticut and completed his bachelor's and master's degrees in physical education

at California State University at Fullerton. Before joining SHAPE America, Roetert was the managing director of the United States Tennis Association's Player Development Program and tournament director of the U.S. Open Junior Tennis Championships from 2002 to 2009. In that role, he directed the High Performance, Junior, and Collegiate Competition as well as coaching education and sport science departments. He has also served as the executive director of the American Sport Education Program (now known as Human Kinetics Coach Education). Dr. Roetert has authored four books, including *Tennis Anatomy* (Human Kinetics, 2011). He has written numerous chapters and articles related to the fields of health, fitness, sport science and medicine, and strength and conditioning and has given hundreds of scientific and invited presentations worldwide. He is a fellow of the American College of Sports Medicine and an honorary professional of the Professional Tennis Registry and became a master professional with the United States Professional Tennis Association in 2005. In 2002 he received the Educational Merit Award from the International Tennis Hall of Fame for outstanding service to the game. Roetert received the Editorial Excellence Award in 1999 from the National Strength and Conditioning Association for his work on the *Journal of Strength and Conditioning and Research*, and in 2000 he received the Outstanding Alumni Award from the University of Connecticut.

Todd S. Ellenbecker, MS, DPT, SCS, OCS, CSCS, is a physical therapist and clinic director of Physiotherapy Associates Scottsdale Sports Clinic in Arizona and is the vice president of medical services for the ATP World Tour. He received his bachelor's degree in physical therapy from the University of Wisconsin at LaCrosse in 1985 and a master's degree in exercise physiology from Arizona State University in 1989. He completed his doctor of physical therapy from MGH Institute of Health Professions in 2006. In addition, he is certified as a sport clinical specialist and orthopaedic clinical specialist by the American Physical Therapy Association. He is a certified strength and conditioning specialist by the National Strength and Conditioning Association and was named their Sports Medicine Professional of the Year in 2003. Dr. Ellenbecker is the chair of the International Tennis Performance Association Certification Commission and a certified USPTA tennis teaching professional and was the chairman of the USTA National Sport Science Committee for more than a decade and still serves as a committee member. Todd is also the national director of clinical research for Physiotherapy Associates. In 2007 he received the Ron Peyton Award by the Sports Physical Therapy Section and in 2008 was the recipient of the Samuel Hardy Educational Merit Award from the International Tennis Hall of Fame. Ellenbecker serves on the editorial boards of the *International Journal of Sports Physical Therapy* and *Sports Health*. He has conducted and published research primarily on upper-extremity athletes as well as shoulder and elbow rehabilitation. He is the author of several

books, including Strength Band Training (Human Kinetics, 2011) and Effective Functional Progressions in Sport Rehabilitation (Human Kinetics, 2009). Ellenbecker lives in Scottsdale, Arizona, with his wife, Gail.

I've had the two previous editions of this book. Excellent! I'm an avid tennis player who had hip replacement a year ago. Played four years college tennis and resumed playing again twelve years ago, age 54. Used the book as guide to fitness for competitive tennis and also rehabilitation after the hip operation. Since I'd never really lifted weights previously, "Complete Conditioning For Tennis" was my bible on how to do it and specifically to tennis. Highly recommend this book to all serious tennis players.

Great exercises and explanation of how the body works to prepare yourself better for the court. One great aspect often forgotten by amateurs is the lack of conditioning for playing any sport. There are specific exercises that you need to do for each sport that makes a huge difference in your game. It's not just technique, you need to reach the ball and have good balance to apply it.

My take was that this book was REALLY comprehensive and covered every aspect of conditioning you can imagine. Major chapters include:-warm-up and flexibility training (includes all the major stretches)-agility and footwork (specific drills to improve your footwork)-speed and quickness (more drills to increase your speediness)-core training (a lot of tennis moves depend on a strong trunk)-strength and power training (exercises to increase your upper and lower body strength)-aerobic training (ways to increase your endurance)Also included, a short section on injury prevention - only a page and a half on tennis elbow though (suggestÃ A Treat Your Own Tennis ElbowÃ A for more on that).Just a ton of information here and I can't see anybody who plays tennis reading this book and not coming away with at least a few nuggets of wisdom. Get this book if you want to get in better physical shape to play tennis or if you're a coach and want more training tips and ideas.

The book reported that it was supposed to include a CD and did not - disappointed an otherwise good purchase.

Should of bought this years ago for our young tennis player. Great information for the young player on varsity teams.

I gave this book 4 stars mainly because here is nothing out there like it. Power tennis training is not even close to the coverage of this book. This book is for serious players in good shape already. I would say it is designed more for Juniors and Satellite hopefuls than the weekend player. If you're working on the gut and hoping this will bring your game up you need to do more work before getting started on this book. It has great stretching tips and fantastic agility drills and explains how to train based on playing tennis. What it contains is very good. The training programs however are written by people with no real world lives. They are all pros or have been around pros without I would suspect a normal 9-5 family and job. It references a lot of weight training equipment that must be in a nice gym. It covers and gets into more tournament fitness building strategy rather than an average weekend game. A modified version for the average guy would be nice. A very big disappointment was nutrition. I was really hoping to learn when to eat, what to eat before a match etc. This book covered nothing about nutrition. It talked about water and sodium, that's it. If you're really into tennis and run three times a week already and work out some, you can benefit from this book. The fitness test is good and gives you goals to shoot for but you better be self motivated. If they add two more chapters; nutrition and a modified weekend player's life, home workout system this book would be perfect.

Even though it took few days, book was in perfect condition just how it was stated. Bonus part is, it still contains the DVD that come with the book. Happy with my purchase and great price.

The book is good, but the DVD is missing.

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