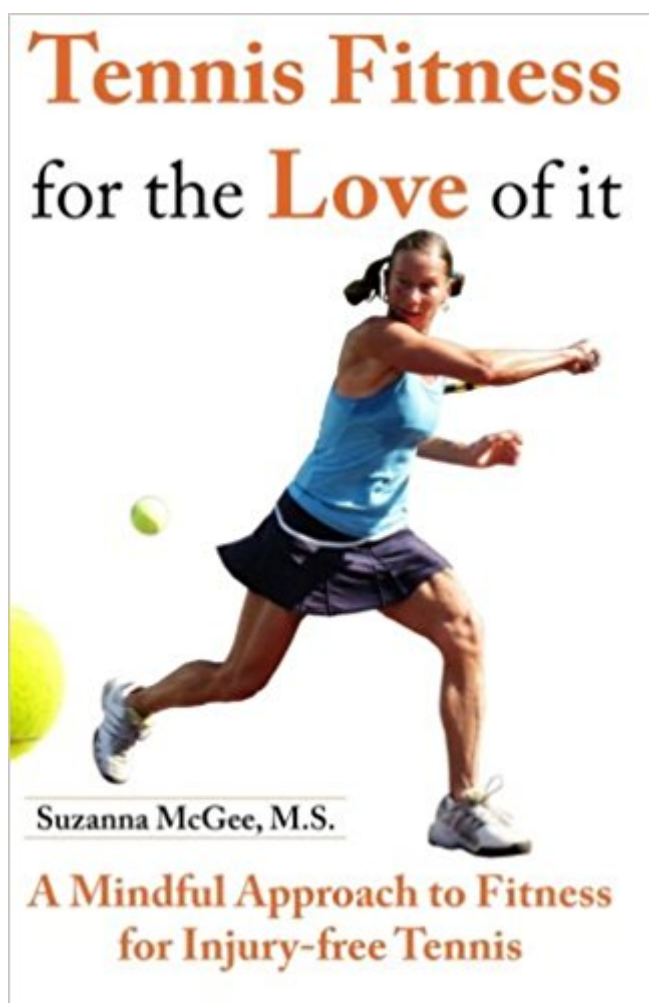


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# Tennis Fitness For The Love Of It: A Mindful Approach To Fitness For Injury-free Tennis



## Synopsis

Every tennis player at any age and skill level wants to play high-level tennis without pains and injuries. If you strive for improvement but cannot train as hard as you wish to, because you hurt often, this is a book for you. You will find practical advice on how to adjust your training to the requirements of your body, and how to achieve maximum tennis fitness that will improve your performance and your tennis game. You will learn how to: listen to your body, understand what your body is telling you, strengthen your weaknesses, balance your strengths, discover and correct your imbalances, prevent future injuries, improve your tennis performance through mindful fitness.

## Book Information

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## Customer Reviews

"Two thumbs up!" Excellent job of presenting essential injury prevention material for tennis players of all levels. The stretches and exercises would in fact benefit ANYONE who is active. --Dr. Carmine Gangemi, DC, CSCS; Venice, CA

To all the tennis players of any age and skill level, who always strive for improvement and who never stop believing that the impossible is possible, and who know that there are no limits to growth and performance other than the human mind. This book is little in size, yet big in knowledge. Carry it in your tennis bag, purse, or your gym backpack. Pull it out often and reread the chapters repeatedly, until you develop an awareness of your body. This awareness will enable you to improve. Read and learn until you hear what your body is telling you. Like any mastery, to become aware needs to be practiced regularly. Strengthening your weaknesses will make you an even

better athlete. This book is your friend after your tennis practice when you lie down in the grass to reflect and stretch. Small things make the biggest difference if you do them consistently and over prolonged periods. Just half an hour a day of conscious training and striving for balance will make a significant difference in no more than a few months. In the long term, you will always play tennis without chronic pains and injuries. Practice conscious tennis fitness for the love of it.

This book saved my knee pain and my lower back pain as long as I maintain these balancing exercises that Sueanna developed, I physically feel great!!!!!! Sueanna sets the stage for you to develop excellent body awareness and balancing of left & right sides of the body. As a active tennis player & coach, I was very aware of this "out of balance " but did not have the tools to re-balance with regular exercise. This book is excellent for older seasoned citizens , very gentle exercises in the beginning of the book is perfect for the "older " population.

I know most tough guys are not going to get past the front cover. There is no picture of Verdasco on the cover, and the author is not Arnold Bonecrusher. There is not even one chapter on "How to squat your pickup truck".Get it anyway.Playing tennis all too commonly results in overuse injuries. Instead of feeling better from playing, many are injured and sore.And getting you in better shape for tennis is only the beginning. It will get you in great shape to really enjoy life - no more sore back, aching shoulders and lack of energy.So this book could be the salvation for many a weekend warrior or league layer not yet in shape.More, it has the information to contribute to all those who think they are already reasonably fit, but are looking for a book for more great tips and how to put it all together.It is incredibly well organized to check on sensible advice on how to treat sore knees, elbows, shoulders, etc., clear direct instructions and pics on how and why to do add specific exercises/stretch into your routine, and great advice on such diverse topics as nutrition and hydration to even a great dynamic warm-up drill before play.What a great read.So sensible. So refreshingly uncomplicated.It reads like People magazine but with the huge difference that here wisdom oozes throughout.Just the right pic to illustrate the point.This is THE primer for tennis players looking to start getting really fit.The author is a champion body builder who could crush most of us, but doesn't include weight work in the book. For that you you'll have to turn to Mark Rippetoe's Starting Stength.And there aren't High Intensity Interval Training (HIIT)and Agility drills - but these are easily obtainable elsewhere.But guys, until she comes out with that Arnold Bonecrusher edition, get this book now as it is and profit from it.

I am 64 years old tennis player and fun. Tennis is my favorite sport since thirty years. After reading more than 40 books of tennis during my playing time related with mental, strengthening, stretching, endurance, conditioning, nutrition, techniques, gears, apparels and novels, memoirs etc., I can put this Suzanna's book at one of the best of them. This book is only with me in a month time, but I recovered and improved my fitness already a lot as an elder tennis player. It is written in a very simple, concise and understandable way. The advises are very practical and applicable in a daily and routine manner whatever your lifestyle is, to play a pain and injury free tennis. When you apply the exercises in the book, then you will see how the modest effort applied over the mid term will bring excellent results. You will learn also how to listen your body to respond properly. You need only to be aware, patient and a little bit of discipline. It is an executive summary compressed with a lot of knowledge in a pocket book for pain and injury free tennis. It is a re-readable book to be kept in tennis bag. I am captain of a veteran team with 15 players. I will advise them all my players to own this book. Just after, I am sure they, each and all, will be thankful to me, then I will convey their thanks to Suzanna.

As an athlete and parent of an athlete, Suzanna's book gives practical advice on exercises to help maintain balance in your fitness routine. Many injuries I have observed over the years in adult tennis are result of natural imbalances in tennis motions which tends to favor one side of the body. Suzanna drives home the point that it is important to maintain your core performance through exercises that balance the muscles and joints throughout the body. As a multiple sport athlete, the exercises and stretches work for many sports and she has gotten me to rethink my training routine. This is a great book for teaching tennis pros as well! Wesley Ropp, CMA, MBA Charleston, SC USA

Every serious tennis player should always keep this book handy. Suzanna did an absolutely fantastic and thorough job in detailing all the potential injuries that a tennis player may experience. She offers preventative solutions as well as workout routines to deal with injuries.

Great book. I've been doing Suzanna's routine for stretching after my tennis matches and its made a huge difference.

I am VERY pleased with this guide to fitness for injury prevention. This author has passion and skill for the subject and I so appreciate the thoroughness with which she wrote this book. It has been such a help for me and my tennis game. I will recommend this guide to others!

This book provides a lot of insights on how to improve your level of fitness on and off the tennis court. It makes the correct inference that a balanced and flexible body is important for performance in tennis and preventing injuries. I have been improving my rehab and reducing pain and injuries through a better understanding of how it all works.

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