



# The Ultimate Guide to **WEIGHT TRAINING** for **TENNIS**

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- Eliminate Fatigue
- Improve Quickness  
and Agility

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# Ultimate Guide To Weight Training For Tennis

**Rob Price**



## **Ultimate Guide To Weight Training For Tennis:**

The Ultimate Guide to Weight Training for Tennis Robert G. Price, 2007 A program for exercising more efficiently by targeting the muscles you use specifically for tennis      *The Ultimate Guide to Weight Training for Tennis* Rob Price, 2014-05-14 A program for exercising more efficiently by targeting the muscles you use specifically for tennis      The Ultimate Guide to Weight Training for Tennis Robert Price, 2004-09 A must have for any competitive tennis player looking to accelerate his or her skills Complete with year round workout programmes designed specifically for tennis there is no longer a reason to follow a general fitness routine By doing exercises that target tennis specific muscles you will be exercising more efficiently as well as optimising your performance on the court      **The Ultimate Guide to Weight Training for Tennis** Price World Publishing, 2003-01-01 The Ultimate Guide to Weight Training for Tennis is a must have for any competitive tennis player serious about taking his or her skills to the next level With In Season Off Season Pre Season workout programs designed specifically for tennis you can train your body properly year round There are different programs for both beginning and experienced weight lifters that can be followed by men women of all ages Thousands of competitive tennis players from high school to the pros are currently following these same programs and are physically improving their bodies to play their best tennis By doing exercises designed to target tennis specific muscles you will increase your stamina endurance become quicker and more agile and increase your racquet speed You will be optimizing your skills and experiencing the benefits of weight training for tennis      **The Ultimate Guide to Weight Training for Baseball** Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Baseball is the most comprehensive and up to date baseball specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round baseball specific weight training programs guaranteed to improve your performance and get you results No other baseball book to date has been so well designed so easy to use and so committed to weight training This book will have players increasing arm strength bat speed and overall quickness and power on the diamond leading to an increase in batting average onbase percentage steals and overall performance You will build the strength and power needed to hit the ball out of the park and you will build the stamina and endurance needed to go strong until the final pitch Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too      **The Ultimate Guide to Weight Training for Bowling** Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Bowling is the most comprehensive and uptodate bowlingspecific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features yearround bowlingspecific weighttraining programs guaranteed to improve your performance and get you results No other bowling book to date has been so well designed so

easy to use and so committed to weight training This book will have you increasing your average by focusing on the endurance strength and flexibility needed most by bowlers By following this guide you will get more speed on your rolls more pin action and overall higher scores and success on the lanes Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sportstraining expertise Rob is a contributing author to US Bowler Magazine Golf Fitness Magazine Swimmer s World Magazine and OnFitness magazine and is the founder and head trainer of SportsWorkout com s eTraining service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars

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records and reaching all of your goals By following the yearround programs in the book you will be able to finish meets with the same energy you exerted when you began Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too

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long after you begin following this guide you will cut seconds off of all of your strokes Swimmers of all skill levels will be able to finish without running out of gas and will be able to swim at record paces until the end of the meet Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too

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