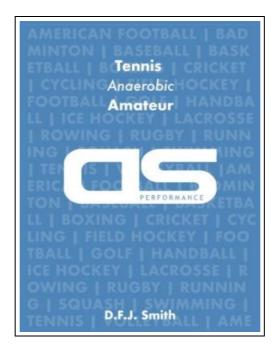
DS Performance - Strength Conditioning Training Program for Tennis, Anaerobic, Amateur (Paperback)



Filesize: 6.01 MB

Reviews

This publication will be worth purchasing. This is for all those who statte there was not a worthy of reading through. I discovered this publication from my dad and i suggested this pdf to find out.

(Macey Cummerata)

DS PERFORMANCE - STRENGTH CONDITIONING TRAINING PROGRAM FOR TENNIS, ANAEROBIC, AMATEUR (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. A 12 week strength conditioning training program for Tennis, focusing on anaerobic conditioning for an amateur level. DS Performance have created an exclusive series of sport specific, strength conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40 -95 . The tables are broken down into 5 loads, all in kilograms, ranging from 10kg-300kg All programmes by DS Performance are 12 weeks in duration, we recommend that you do two, six week training blocks, with a de-loading week between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury. Tennis players come in all shapes and sizes and adapt their game to make the most of their physical attributes. But they all have to produce high levels of skill on different surfaces, at varying intensity s, through multi-directional movement patters. Tennis players are required to have good agility, balance, aerobic anaerobic capacity, speed and strength in order to get around the court...

Read DS Performance - Strength Conditioning Training Program for Tennis, Anaerobic, Amateur (Paperback)
Online

Download PDF DS Performance - Strength Conditioning Training Program for Tennis, Anaerobic, Amateur (Paperback)

See Also



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

Download eBook »



Games with Books: Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

Download eBook »



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

 $Create space, United States, 2010.\ Paperback.\ Book\ Condition: New.\ 229\ x\ 152\ mm.\ Language: English\ .\ Brand\ New\ Book\ ***** Print\ on\ Demand\ ******. From\ a\ certified\ teacher\ and\ founder\ of\ an\ online\ tutoring\ website-a\ simple\ and...$

Download aBook »



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

Download eBook »



Kidz Bop - A Rockin' Fill-In Story: Play Along with the Kidz Bop Stars - and Have a Totally Jammin' Time! Adams Media. PAPERBACK. Book Condition: New. 144050573X.

Download eBook »



History of the Town of Sutton Massachusetts from 1704 to 1876

 $Create space, United States, 2015. \ Paperback. \ Book Condition: New. \ annotated \ edition. \ 229 \times 152 \ mm. \ Language: English. \ Brand \ New \ Book ****** Print on Demand ******. This version of the History of the Town of Sutton Massachusetts$





The Thinking Moms' Revolution: Autism Beyond the Spectrum: Inspiring True Stories from Parents Fighting to Rescue Their Children

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, The Thinking Moms' Revolution: Autism Beyond the Spectrum: Inspiring True Stories from Parents Fighting to Rescue Their Children, Helen Conroy, Lisa Joyce Goes, Robert W. Sears, "The Save Document »



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 \times 149 mm. Language: English . Brand New Book ***** Print on Demand *****. You have the power, Dad, to influence and educate your child. You can

Save Document »



Happy Baby Happy You 500 Ways to Nurture the Bond with Your Baby by Karyn Siegel Maier 2009 Paperback Book Condition: Brand New. Book Condition: Brand New.

Save Document »



On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Save Document »