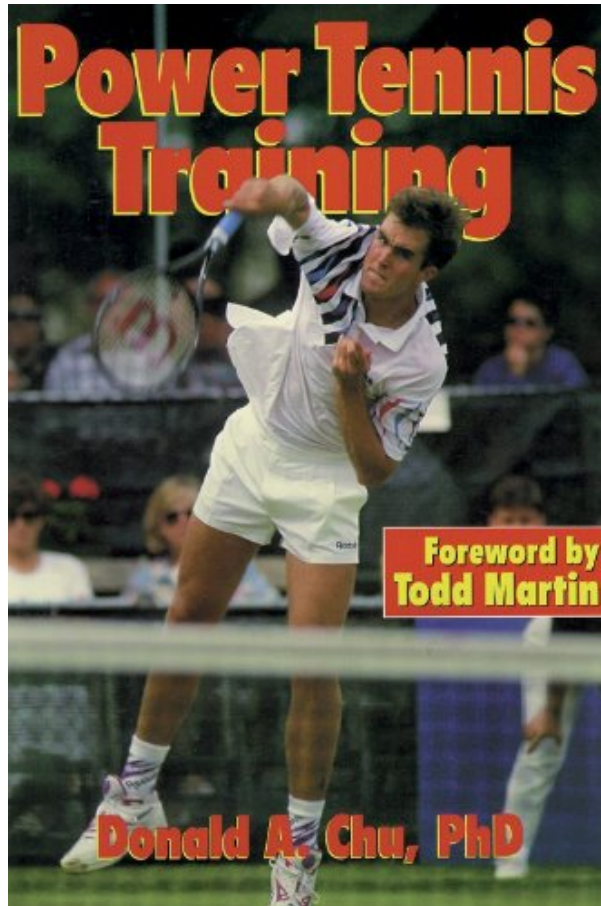
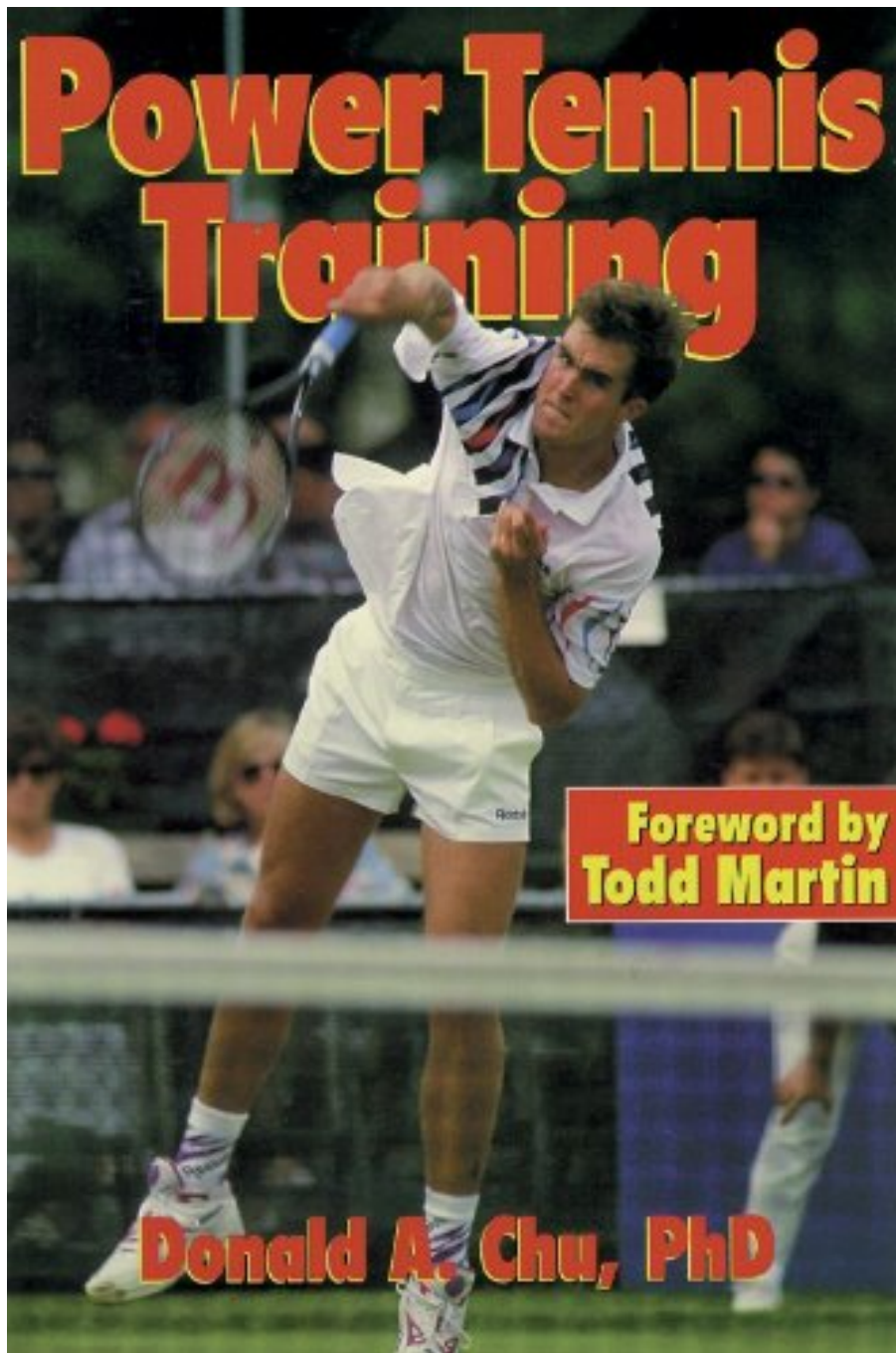


POWER TENNIS TRAINING BY DONALD A. CHU



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From the Publisher

"This book will benefit all players serious about improving their strength and conditioning."

E. Paul Roetert, PhD Administrator of Sport Science United States Tennis Association

"Don Chu, one of the country's foremost training and fitness experts, has put together a tremendously complete, easy-to-follow workbook. It has my unqualified endorsement."

Dick Gould Men's Tennis Coach Stanford University

"As a professional tennis player following Dr. Chu's program, I feel stronger and faster, and I am free of injuries that have normally inhibited my career. Correct exercise technique is vital to receiving all of the benefits from the program."

Marianne Werdel Professional Tennis Player

About the Author

A frequent contributor to the National Strength and Conditioning Association Journal, Donald Chu is a leading authority on power training and conditioning. In addition to serving as a consultant for the United States Tennis Association, Chu has been a conditioning consultant for the Golden State Warriors, Milwaukee Bucks, Detroit Lions, and Chicago White Sox. He is owner, director, and consultant to individual athletes at the Ather Sports Injury Clinic in northern California.

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POWER TENNIS TRAINING BY DONALD A. CHU PDF

Donald Chu, training consultant to the United States Tennis Association and top tennis pros, defines power as speed applied to strength. In *Power Tennis Training* he shows players at all levels how to put more power into their game.

Power Tennis Training combines a variety of training methods specifically designed to increase tennis players' endurance, strengthen the muscles they use most often, and enhance their speed. These methods are integrated into 3 training blocks that each feature a mix of different workouts. Each block lasts 4 weeks, providing an easy-to-follow 3-month workout cycle that can be repeated again and again.

Workouts in the first block focus on enhancing endurance and developing strength in the muscles, tendons, and ligaments. In the next two blocks, workouts are designed to help players become faster and hit the ball harder by applying strength more effectively to their tennis strokes.

Part I describes the individual exercises and drills that make up the workouts in the *Power Tennis Training* program. Using numerous illustrations to ensure correct technique, Chu demonstrates

- exercise principles for tennis players,
- warm-up and stretching exercises,
- weight training,
- trunk exercises,
- plyometrics,
- medicine ball exercises,
- court drills,
- safety and injury prevention, and
- overall fitness and conditioning testing.

Part II integrates the exercises and drills described in Part I into workouts that make up each of the training blocks.

Chu's practical, year-round, tennis-specific conditioning program will help tennis players at all levels apply more explosive power on the court.

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Most helpful customer reviews

1 of 1 people found the following review helpful.

Good training for 1st step quickness and acceleration

By R. S.

This is a rather dated book but I feel the author is rather knowledgeable on plyometrics and how to apply a variety of exercises for different sports. I have several books on tennis off-season conditioning and feel this is one of the better ones. I would recommend a bosu ball for tennis training to help w/balance and the tendons around the ankles. Plyo-training helps with developing a quick 1st step and overall quickness as long as your cardio is up to par.

In addition to this book I would say you need to add tennis conditioning drills to compliment plyometric training. Like a group of exercises that works on your short sprint speed up/back + side/side. For example: I do these drills w/a ball machine by having it do 20drop shots and the drop shots are spaced apart so I have time to jog back to the baseline then quickly turnaround and sprint back to the net for the next drop shot, repeat 20x. Work on controlling+placing the ball. This is repeated for side/side conditioning.

3 of 3 people found the following review helpful.

Great workout program

By John P. Varo

I'm a 4.0/4.5 player who has been doing the Power Tennis Training program off and on for the past few years and would strongly recommend it for all players looking to improve strength and conditioning. Chu's book provides a 12 week workout plan (both weight training and court footwork drills) that is easy to follow and gets results. I find myself quicker, stronger, and more explosive after just a week or two. The program gives you more confidence in your level of fitness which translates into more confidence in your overall game. Some of the workout days take a few hours, but if you stick with the program you will be more than pleased with the results. Thanks for a great book Don Chu!

49 of 49 people found the following review helpful.

Exactly what a serious player needs.

By terry@jwcc.edu

As a high school tennis coach and a tournament player myself, I have looked extensively for a training source that is highly specific to tennis and easy to follow. Don Chu's book fits both of these criteria. Chu tells you exactly what to do and how to do it; reps and sets are clearly listed and the exercises carefully explained. Several other books on the market promise a great deal, but Chu's book, in my experience, is the only one that promises to make you a stronger player and then shows you the steps to achieve this goal, provided you work hard. No other book or program on the market can do this in my opinion.

See all 5 customer reviews...

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