



## Tennis Performance Training

Training will improve athletes overall athletic ability including:

- **Improved Speed and Quickness** – Get to any shot on the court
- **Improved Agility** - Enhance change of direction – Lateral speed is critical around the baseline
- **Improved Conditioning** – Maintain a high level of play throughout the entire match
- **Improved Functional Strength**
  - Lower body – enhance first step quickness and explosiveness
  - Core – enhance rotational power for any shot
  - Upper body – enhance hitting velocity and prevent shoulder/arm injuries (tennis elbow/rotator cuff injuries)
- **Improved Functional flexibility** - Help prevent injuries and improve strength/power



[www.asap-pt.com](http://www.asap-pt.com)  
(661) 993-4823