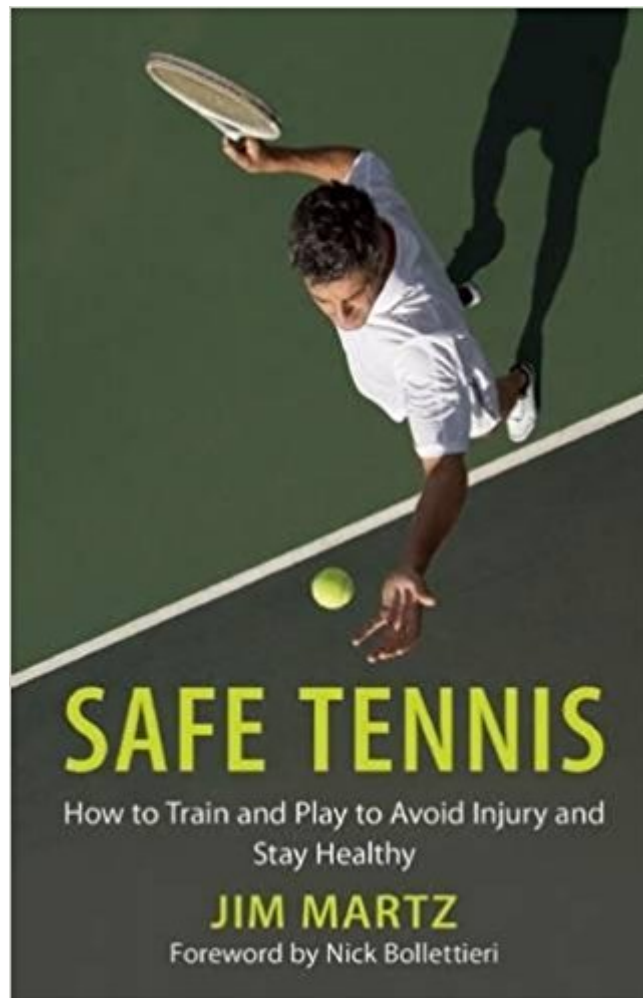




Ebook Directory
the best source of ebook

The book was found

Safe Tennis: How To Train And Play To Avoid Injury And Stay Healthy



Synopsis

Correct preparation is important in all aspects of life, but if you fail to warm up properly before playing tennis it could land you in the hospital for weeks. Just look how often professional tennis players are getting injured—sometimes bringing an early end to a promising career—and consider that these athletes are in peak physical shape. So just imagine the risk you are putting yourself at when you venture out for your weekly tennis match. With images illustrating the exercises to accompany the text, Safe Tennis teaches you how to avoid these injuries and how to properly prepare yourself with detailed warm-up plans and exercises that specifically strengthen you for the sport of tennis. This includes stretching exercises that are designed by physical therapists who specialize in sports medicine. You will also learn the correct way to cool down after your match because injuries can arise if you let your body cool too quickly. Without the worry of nagging injuries, your time on the court will be that much more enjoyable. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Book Information

Paperback: 136 pages

Publisher: Skyhorse Publishing (September 1, 2015)

Language: English

ISBN-10: 1632204967

ISBN-13: 978-1632204967

Product Dimensions: 5.4 x 0.6 x 8.3 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #810,521 in Books (See Top 100 in Books) #46 inÃ Â Books > Sports & Outdoors > Coaching > Tennis #96 inÃ Â Books > Health, Fitness & Dieting > Sports Health & Safety #105 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching

Customer Reviews

Jim Martz, author of Tales from the Miami Hurricanes Sideline, is also the founder of Florida Tennis magazine, which was launched in 1992. He was also a vice president of the US Tennis Writers Association and the Miami Herald's tennis writer for eighteen years. He edited the book 50 Love: Advantage Florida, which chronicles the first fifty years of USTA Florida. He also covered University of Miami football since 1973 and has been editor of CaneSport magazine since 1992.

Good thoughts on how to be ready to play tennis. Get in shape to play, don't play to get in shape

A great book. Good job Jim

[Download to continue reading...](#)

Safe Tennis: How to Train and Play to Avoid Injury and Stay Healthy How to Play Tennis: The Complete Guide to the Rules of Tennis, Tennis Scoring, Tennis Grips and Strokes, and Tennis Tips for Singles & Doubles Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) 101 Tennis Tips From A World Class Coach VOLUME 1: A Common Sense Approach to Tennis (101 Tennis Tips From A World Class Tennis Coach) Runner's World Complete Book of Women's Running: The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis Winning Personal Injury Cases: A Personal Injury Lawyer's Guide to Compensation in Personal Injury Litigation How To Avoid Crime And Stay Safe Guide For Seniors Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy

Baby The Tennis Schema: Tennis Fundamentals, Forehand, and One-handed Backhand Tennis
The U.S. Open 2018 Wall Calendar: The Official Calendar of the United States Tennis Association
Tennis For The Rest Of Us: A Practical Guide For The New, Nearly New, Newly Frustrated Or
Nearly Discouraged Tennis Player Tennis The U.S. Open 2017 Wall Calendar: The Official
Calendar of The United States Tennis Association International Book of Tennis Drills: Over 100
Skill-Specific Drills Adopted by Tennis Professionals Worldwide Tennis Strategies: The Top 100
Best Things That You Can Do to Greatly Improve Your Tennis Game

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)