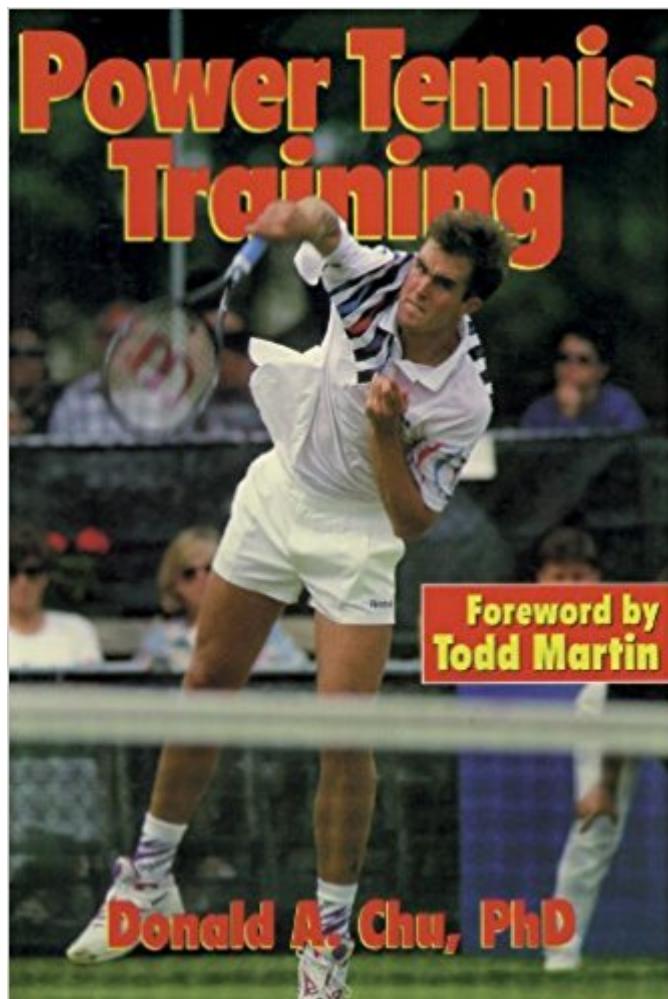


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# Power Tennis Training



## **Synopsis**

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.

## **Book Information**

Paperback: 176 pages

Publisher: Human Kinetics; 1 edition (November 16, 1994)

Language: English

ISBN-10: 087322616X

ISBN-13: 978-0873226165

Product Dimensions: 9.1 x 6.1 x 0.4 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,501,946 in Books (See Top 100 in Books) #93 in Books > Sports & Outdoors > Coaching > Tennis #473 in Books > Sports & Outdoors > Individual Sports > Tennis #571 in Books > Sports & Outdoors > Racket Sports

## **Customer Reviews**

"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

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. Dr. Chu earned his PhD in physical therapy and physical education from Stanford University and is a professor emeritus of kinesiology and physical education at California State University, Hayward. In 1978, his only year as a head coach, Dr. Chu was named the Far Western Conference Track and Field Coach of the Year. He is a registered physical therapist, a certified athletic trainer through the National Athletic Training Association, and an National Strength and Conditioning Association-certified strength specialist.

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 20 drop 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.

I have had countless coaches, including former ATP professionals, vouch for this book and they were right. Perfect training for players who can't get dedicated fitness coaches.

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!

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.

This book is a set of well crafted exercise patterns. I am really impressed by the way the author has touched upon key development areas, which, one can easily overlook. I am very regular with my gym schedules with a balance of cardio and weight training. Sticking to the book schedule of about 3 month program shouldn't be a motivational challenge. With just one week into it, I have not only seen the results in my court coverage and my game, but also into other "reflex" sensative indoor games like foos ball :)This is the best investment one can make for playing serious tennis.

I guess my expectations are too high. This book was very remedial with a lack of content. I was hoping to gain some insight from this book, but the information was basic at the best, with poor choices for athletes. No regard to the biomechanics of resistance training were applied, and no effort to address the neural or physiological continuums that are extremely important to athletic development. The one bright spot is the section on the court drills. They are enough to get you started on agility and foot speed drills.

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