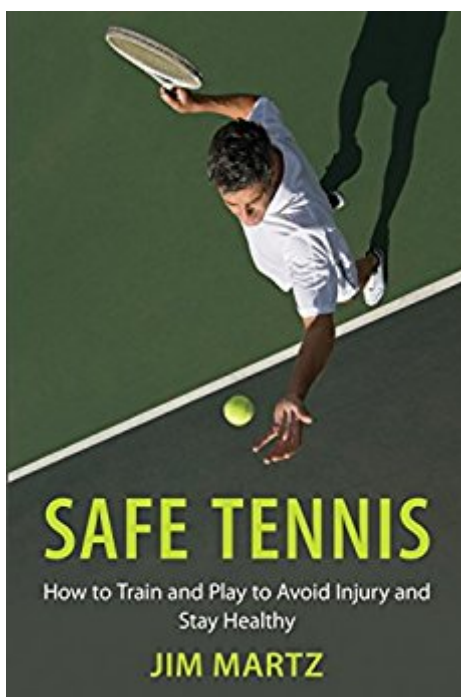


The book was found

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 that illustrate 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

File Size: 3836 KB

Print Length: 136 pages

Publisher: Skyhorse Publishing (September 1, 2015)

Publication Date: September 1, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0140EF8GC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,121,130 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Sports Health & Safety #111

inÂ Books > Sports & Outdoors > Coaching > Tennis #174 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching

Customer Reviews

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

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