



# Strength Training

## FOR YOUNG TENNIS PLAYERS!

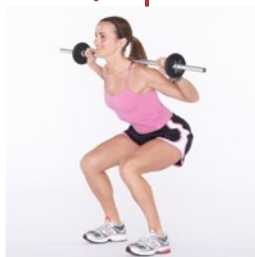
Ages 12 & Up

*The First Step to Improving your Game is OFF the Court!!*

- **Hit the ball HARDER!**
- **Increase POWER and ENDURANCE!**
- **Increase SPEED & QUICKNESS!**
- **Reduce risk of INJURY!**

The key to getting an edge on your opponents is being stronger and more fit. Whether you are playing at the junior high, high school or college level, strength training is an essential part of your training. Strength training that is designed for tennis **targets specific muscles** you use on the court. Power exercises will increase your **explosiveness on the court** allowing you to get a step up on your opponent. Agility and speed drills will teach your body to respond quicker and move faster to **get to every ball**.

This is a great way to impress college coaches who love to see players go the extra mile in training. I will use a wide variety of equipment such as dumbbells, medicine balls, power lifts, swiss balls and resistance bands to train muscles specific to tennis!



**Schedule training sessions at the front desk!**



**Kelsey Atteberry, MS., CSCS.**

- Certified Strength & Conditioning Specialist
- Trained **NCAA Div I** Tennis Players

**Be at your best for COLLEGE RECRUITERS!**