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Aerobic Tennis: Use Tennis for a Cardio Workout

Bill Wright

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Aerobic Tennis: Use Tennis for a Cardio Workout Bill Wright
Tennis players often turn to running, cycling, or swimming to get a more vigorous workout. In this book, Bill Wright offers a new approach to the game, one that gives a superb aerobic workout while improving overall strength, agility, and fitness. Under his expert guidance, players learn how to run, leap, lunge, and stretch, work major body muscles, improve cardiovascular fitness, and involve the entire body in every move. Developed over Wright's illustrious 30-year coaching career, the program is suitable for any age, skill, or style of play.

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