



# Power Tennis Training

*Donald A. Chu*

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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.

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