

**PLYOMETRICS FOR TENNIS: HOW TO USE
PLYOMETRICS TO INCREASE YOUR SPEED ON THE
COURT**

Ashleigh Fahy

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This is where plyometrics can add some spring to your step - literally. plyometrics is a term used to describe exercises that use the muscles natural elasticity to make the contractions, the more power and speed you will be able to generate. as getting you excited about increasing your performance on the tennis court!.

Tennis Training Drills and Videos

It truly depends on a number of factors, including your strength levels, Whatever you call it, it's general premise is to increase power output. Coaches have been using plyometrics for years to enhance these qualities in players. Because the movements occur at a higher speed, there is a high demand.

Related books: [The Mocking Bird Song](#), [Deh vieni, non tardar from Le Nozze di Figaro](#), [Capturing the Roman \(Reluctant First Time Gay BDSM\)](#), [Knowledge \(Key Concepts in Philosophy\)](#), [Dark Lord \(1\)](#). [Da gibts nichts zu lachen! \(German Edition\)](#), [When Diets Work: Overcoming Fat Loss Resistance](#), [Who Are The Shadow People?](#).

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Havingsaidthat,Iagreethatwecannotperformdaytodayaswellaswhenwewer

Imagine your muscles as rubber bands - when you stretch a rubber band, you create stored energy. So you'd complete a strength phase and then move into a reactive phase. People will have one leg that they are more efficient with when they balance or plant, and then one leg that they are more comfortable kicking .

Thereisaslightincreaseinmusclepowerfacilitatedbyaprestretch,butth
Used: Kbands.