

## BOOK OF THE MONTH.

**COMPLETE CONDITIONING FOR TENNIS** from **Human Kinetics** is the best and most up to date fitness book for tennis which I have seen. This publication has been written by Paul Roetert and Todd Ellenbecker, who are both acknowledged world experts in the field of tennis fitness.

*Complete Conditioning For Tennis* is divided into two major parts. The first nine chapters lay the foundation by providing the key components of a well-designed conditioning programme. The second part provides tennis-specific programmes that can be geared to your player's specific age, playing level and conditioning background.

Best of all, this book comes with its own DVD! All the exercises are illustrated in the 90 minute film, which helps a coach ensure that his or her players are performing the exercises in a safe and effective fashion.

*"Complete Conditioning For Tennis" is a must for players who want to take their game to the next level. My own training programme is based on most of the drills and exercises outlined in this book and DVD"*

**James Blake.**



The book costs £16.99 from **HUMAN KINETICS**, *but don't forget* - TICA members receive a 15% discount on all Human Kinetics products. Call the order hotline on **00 44 113 255 5665**. Alternatively, you can order online at [www.humankinetics.com](http://www.humankinetics.com). Simply enter the promotion code at the very top of the shopping cart page.

