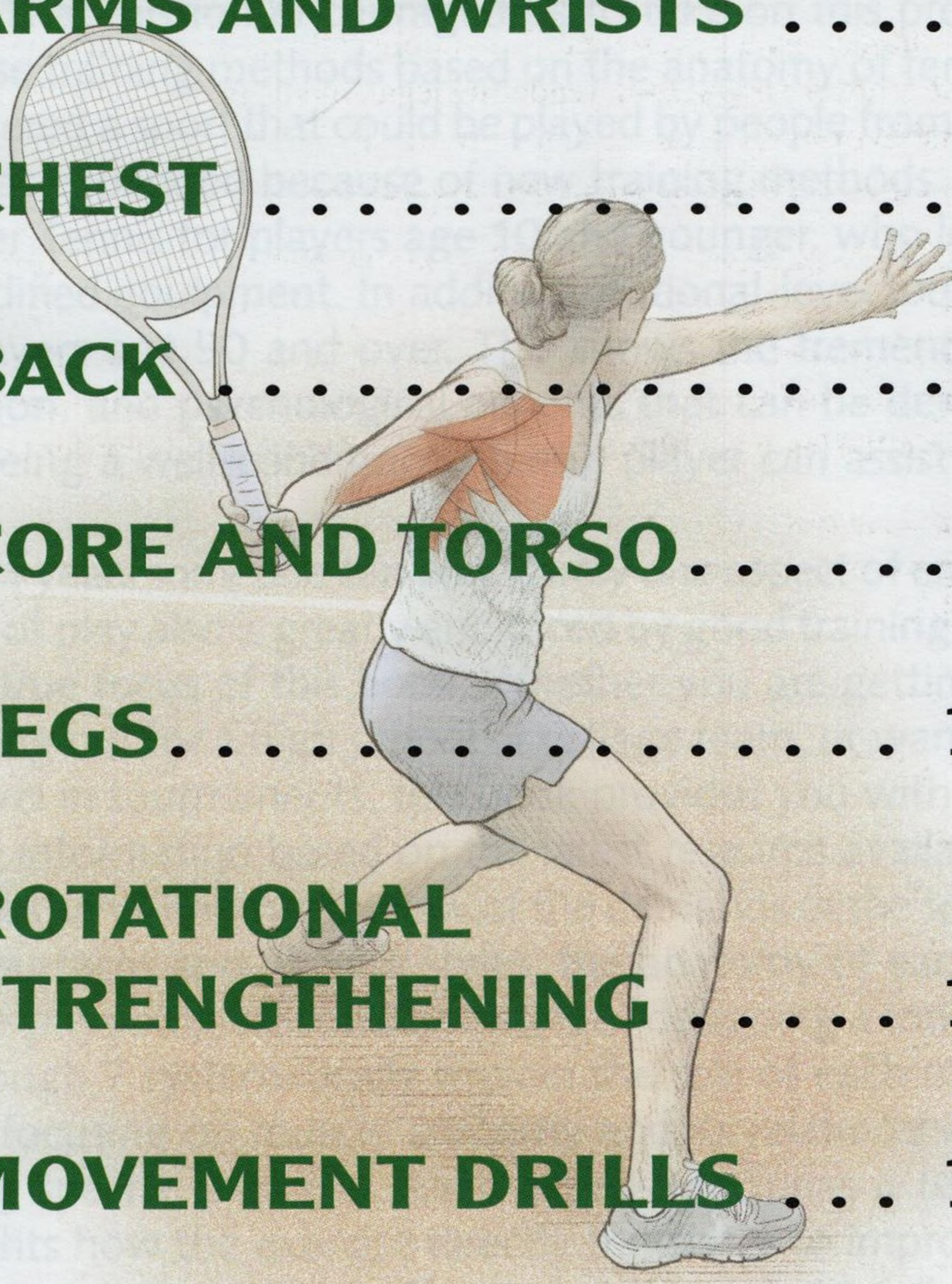


# CONTENTS

Preface v

Acknowledgments vii

CHAPTER	<b>1</b>	<b>THE TENNIS PLAYER IN MOTION</b> . . . . .	<b>1</b>
CHAPTER	<b>2</b>	<b>SHOULDERS</b> . . . . .	<b>23</b>
CHAPTER	<b>3</b>	<b>ARMS AND WRISTS</b> . . . . .	<b>45</b>
CHAPTER	<b>4</b>	<b>CHEST</b> . . . . .	<b>67</b>
CHAPTER	<b>5</b>	<b>BACK</b> . . . . .	<b>83</b>
CHAPTER	<b>6</b>	<b>CORE AND TORSO</b> . . . . .	<b>99</b>
CHAPTER	<b>7</b>	<b>LEGS</b> . . . . .	<b>119</b>
CHAPTER	<b>8</b>	<b>ROTATIONAL STRENGTHENING</b> . . . . .	<b>145</b>
CHAPTER	<b>9</b>	<b>MOVEMENT DRILLS</b> . . . . .	<b>165</b>
CHAPTER	<b>10</b>	<b>COMMON TENNIS INJURIES</b> . . . . .	<b>181</b>



Exercise Finder 201

About the Authors 205