

BOB ANDERSON'S

# STRETCHING

FOR • WINNING • TENNIS

with Eve Ellis

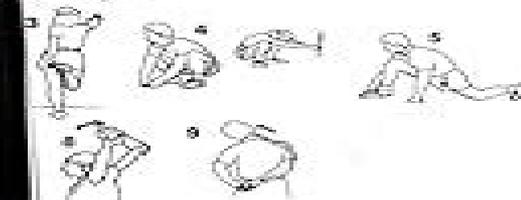
For Players Seeking  
a Winning  
Edge in  
Tennis  
Performance.



## STRETCHES FROM STRETCHING FOR WINNING TENNIS, THE DVD & THE VIDEO

*if you have any recent surgery, muscle or joint problems, or medical conditions, consult your physician before starting this program.*

### Warm-up-



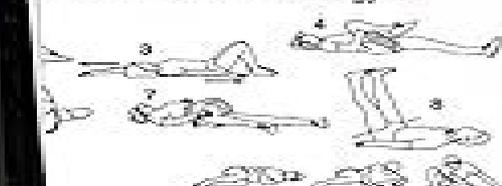
### Over-



### In on the court-



### Down, at home or in the gym-



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2002

# Bob Andersons Stretching For Winning Tennis

**H Kauffman**



## **Bob Andersons Stretching For Winning Tennis:**

*Aerobic Tennis* Bill Wright, 2010 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 *The Video Librarian* ,1991 **Bowker's Complete Video Directory 2001** ,2001 Forthcoming Books Rose Army,1992 **The ITCA Guide to Coaching Winning Tennis** David A. Benjamin, Intercollegiate Tennis Coaches Association, 1989 Acclaimed coaches championship players offer tips techniques for recruiting training conditioning practicing playing winning collegiate tennis **Video Rating Guide for Libraries** ,1992 Library Journal ,1992 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately Yoga for Men Thomas Claire, 2003-10-08 A comprehensive introduction to yoga geared to men of all ages and backgrounds whether they re athletic or sedentary young or old devotees of yoga seek new information to enhance their existing practices or neophytes just starting out of their yoga journals **Media Review Digest** C. Edward Wall, 1993 **Tennis** Joel R. Barton, Tony Grice, 1994 **Coaching Review** ,1987 **American Lawn Tennis** ,1920 Mademoiselle ,1982 Skiing ,1986-09 **American Farriers' Journal** ,2000 Includes American Farrier s Association newsletter Library Journal Book Review 1980 Jaques Cattell Press, 1983-06 **Business Week** ,1995 **Esquire** ,1983 *Lawn Tennis* ,1958 **Paperbound Books in Print** ,1983

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