



# Tennis For Real: The Common Sense Training Manual

*Chris Sheryn*

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# **Tennis For Real: The Common Sense Training Manual**

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## **Tennis For Real: The Common Sense Training Manual** Chris Sheryn

Tennis for Real is the second in the series (following on from Rugby for Real) containing the core information for various sports. Tennis for Real covers all aspects of training and conditioning for tennis, from fitness drills and exercise programmes to motivation and diet. The focus market is tennis players outside the professional rank - keen amateurs. Tennis for Real is aimed at the person who enjoys tennis as a single part of a varied life. You may have to balance work, your family and your sport. Until now you may have found it difficult to decide exactly what to do with the time you want to commit to tennis training. Tennis for Real is all about how to get the maximum benefit from the time you have available.



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