



# Fit to Play Tennis: High Performance Training Tips

*Carl Petersen, Nina Nittinger*

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**Fit to Play Tennis: High Performance Training Tips** Carl Petersen, Nina Nittinger

This physical and mental training manual arms athletes, coaches, parents, and sports scientists with an easy-to-follow, seven-point plan to enhance performance, limit injuries, and help tennis players avoid overtraining and burnout. Delivering practical t

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