

# Preview Our New Program

## ***Tennis Strong!***

Monday, November 6th at 9am

Thursday, November 9th at 7pm

Reserve your spot for our preview class and discover how Tennis Strong will strengthen your tennis game.

### **Tennis Strong!**

Crafted specifically for the needs of the tennis athlete... *cut and move... fast feet... strong whip...* Sound familiar? These are just a few of the areas you will significantly improve with Tennis Strong.

Tennis Strong will be offered as both private training (1 on 1) and group/class formats.

### **Get Hip to it!**

Did you know EVERY MOVEMENT you make on the court is controlled by your hips? The mobility, stability, strength and coordination of your hips determines how well every joint above and below your hips will perform, affecting speed, agility, power and reaction time. This means poor hip development limits the function of your ankles, knees, spine/trunk, shoulders, elbows, wrists, head and yes... your tennis racquet.

Chris Weiler, TFC's Director of Training and Athletic Development says, "*I created Tennis Strong to improve the efficiency of how tennis athletes move on and off the court. Fluid, efficient movement of legs, trunk, arms and racquet is controlled by strong, coordinated hips, which many people have not developed. Tennis Strong will help you use less energy to produce better results, limiting wear and tear on joints and soft tissue. After observing over 200 tennis players at TFC, I conclude that most need improved hip function and can greatly benefit from Tennis Strong.*"



## **Tennis Strong Program**

1. Athletic Response Test. An assessment to discover any weak links (Restrictions) in Mobility, Stability, Strength and Coordination (MSSR).
2. Trainer assigns corrective exercise to address Restrictions.
3. Tennis Strong classes are structured as intervals and circuits enabling us to blend functional athletic development with tennis athletic development, while addressing any Restrictions that keep you from playing your best.

### **Example**

- Circuit 1 - As a group, all participants perform the same movement to improve MSSR.
- Circuit 2 - As a group, participants perform their individually assigned corrective exercise.
- Circuit 3 - As a group, all participants perform tennis specific exercise/movement.
- Rinse and Repeat.

### **Preview Dates**

#### Choose Date

- Monday, November 6th at 9am
- Thursday, November 9th at 7pm

#### Register

- In person at the Front Desk
- Call 708.386.2175

#### Questions?

- Contact Chris Weiler - [chrisw@tenandfit.com](mailto:chrisw@tenandfit.com) / 312.318.8015
- Laurie Berggren - [laurieb@tenandfit.com](mailto:laurieb@tenandfit.com)