

# tennis fitness training

tennis means: Sprint, stop, turnaround  
spin, backwards and jump!

## Are you fit enough?

Prepare the game methodically and efficiently. The davedollé pure training team will show you what's important and help you improving your tennis specific fitness. The training exercises are built on specific requirements of the tennis game.

### Training goals

- ✦ mobility of joints
- ✦ elasticity of musculature
- ✦ stability of torso and joints
- ✦ coordination
- ✦ speed
- ✦ dynamic tennis energy
- ✦ power

We are happy to help you and answer questions about diet, rest, mental opportunities, injury prevention, weight loss, muscle building, etc.

See you in training  
Your pure training team



davedollé  
— pure training —