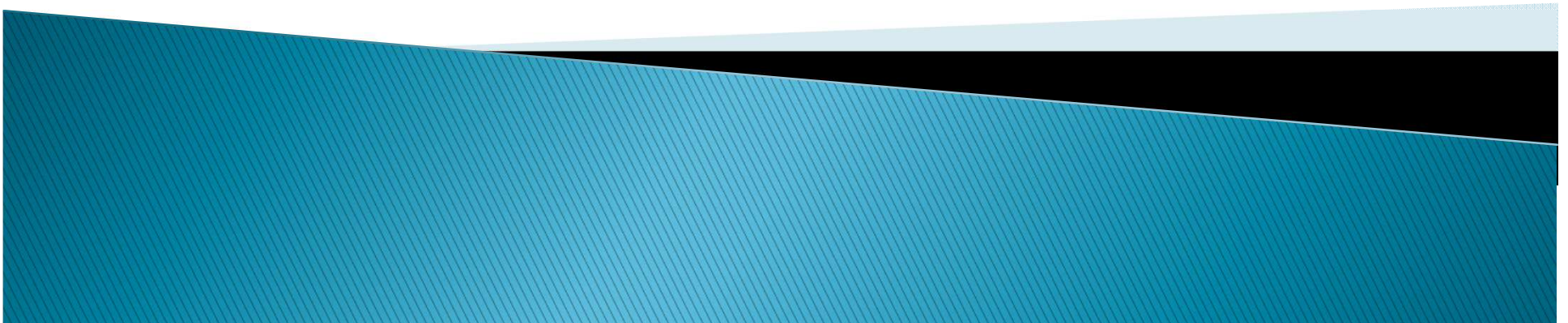
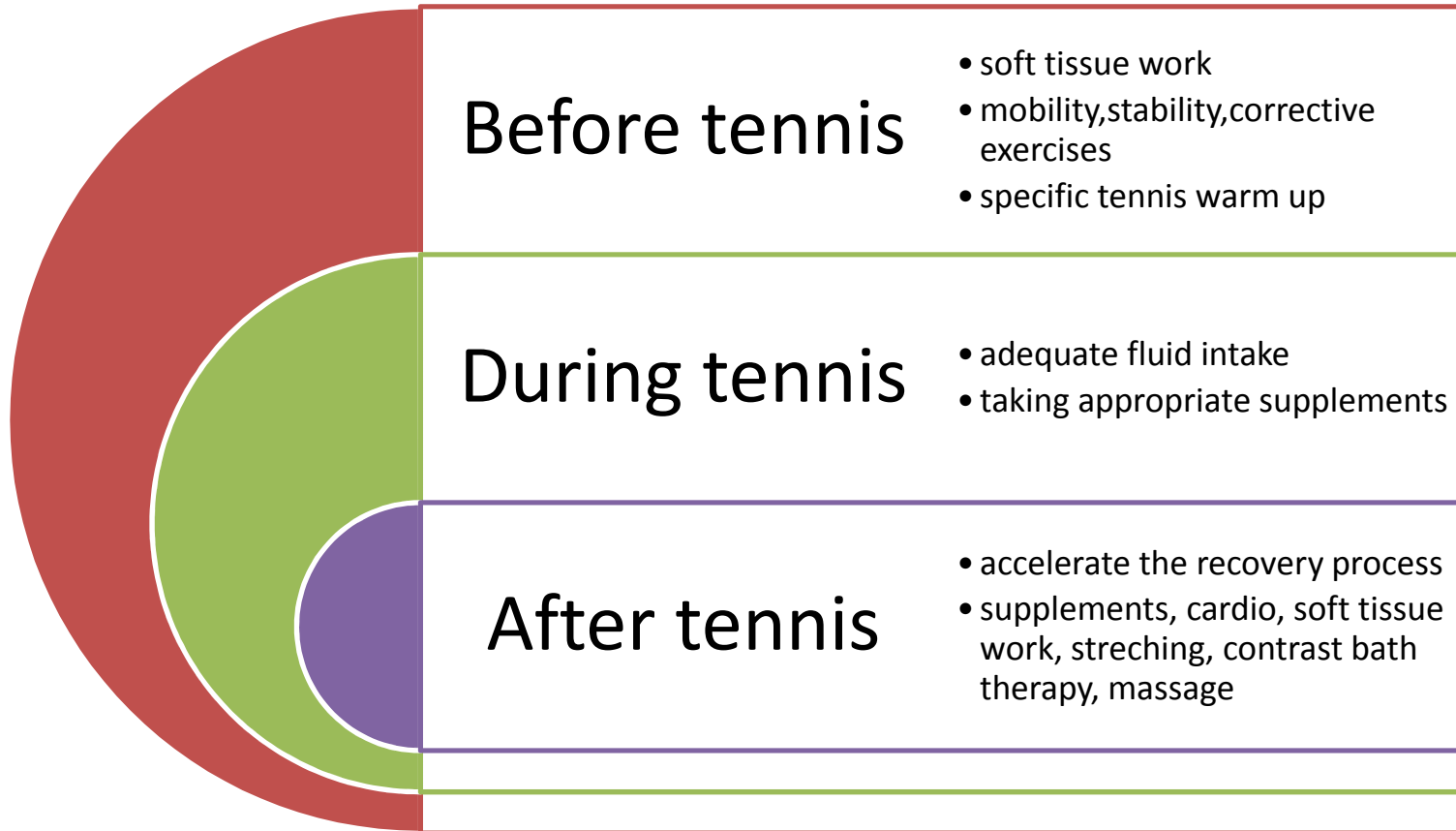


Strength and conditioning approach in competitive microcycle



It's all about tennis





Before tennis

- soft tissue work
- mobility, stability, corrective exercises
- specific tennis warm up

During tennis

- adequate fluid intake
- taking appropriate supplements

After tennis

- accelerate the recovery process
- supplements, cardio, soft tissue work, stretching, contrast bath therapy, massage