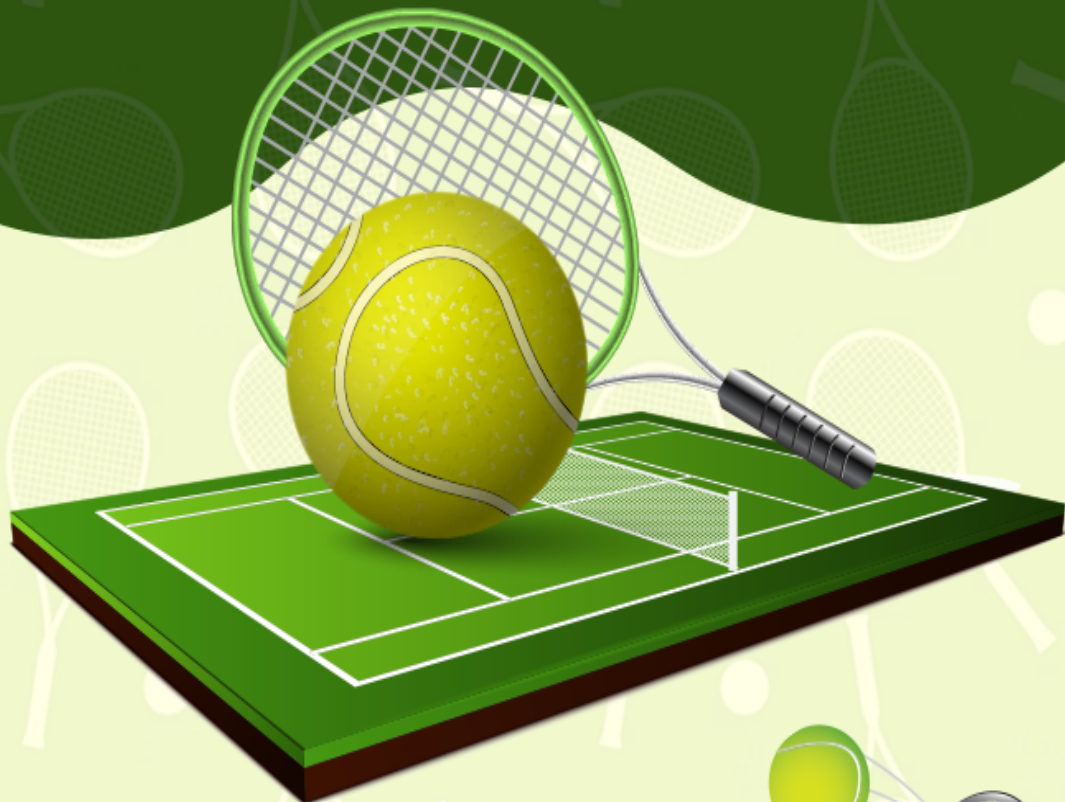


TIPS

To Optimize Your TENNIS PERFORMANCE



Avoid using a racquet that is strung too tightly.



Consider using a racquet that is not too heavy.

Wear shoes that fit you well to ensure stable yet quick movements.



Never skip warm-up exercises before playing.

Work on your endurance with aerobic exercise.



Indulge in strength training to improve your shot power and agility.

Indulge in core stabilizing exercises.



Practice shallow swings to enhance your racquet acceleration.

References:

1. Tips for Tennis Players: Optimizing Performance and Staying Healthy; HSS
2. 5 Coach's Tips To Improve Your Tennis; Play Tennis