



**Every Athlete...
Every Level...**

Creating the World's Most Dangerous Athletes

A well-designed tennis strength training program can work wonders for your game...

Long gone are the days when coaches believed all forms of strength training were detrimental to sports demanding finely-tuned skills.

While the **wrong type** of weight training CAN be a hindrance to your game, following simple guidelines with a master trainer and the benefits can be immense...

- Increased power in serves, forehands, backhands, volleys... in fact every type of shot.
- Greater speed and acceleration around the court allowing you to get into position for more shots.
- Improved muscular endurance helping you to maintain a high level of performance during tough rallies... even those at the end of the match.
- Reduced occurrence of injuries from over-use and muscular imbalances in the body.

If you take the game seriously, a tennis strength training program should be high on your agenda. It doesn't need to be overly complicated, but it DOES need to be more refined than those "off the shelf" programs found in every commercial fitness magazine.

ICON Tennis Speed, Strength & Conditioning gives you a competitive advantage.

Spend a little time understanding how to train optimally for the demands of your sport and you will reap the rewards on the court!



MASTER TRAINER:
Jeff Green MS, CSCS, CES, PES, USAW, USATF
Exercise Physiologist
Certified Strength and Conditioning Specialist
USA Weightlifting Coach
USA Track & Field Level 1 Coach
Clinical Exercise Specialist
Performance Enhancement Specialist
National Strength & Conditioning Association
Alabama State Chairman
American College of Sports Medicine Member
State & National Champion Powerlifter

When you watch the game of tennis you can appreciate the power and strength players have. On top of that, matches can last anywhere from 30 minutes to over 5 hours, and you quickly realize that tennis players must have extraordinary fitness, power and endurance. A properly designed strength and conditioning program can help any player, regardless of playing level, elevate his or her game to a new level.



The Icon Performance Center possesses the most experienced training staff ever assembled in the state of Alabama. Our Center offers, under one roof, the best strength, conditioning and speed professionals from every level of sport, with extensive experience in high school, collegiate, and professional athletics.

What can Icon Performance do for me?

Special Considerations in Tennis Strength Training

In sports like tennis and golf, overuse injuries of the wrist, elbow, and rotator cuff muscles are all too common.

Most weight training exercises predominantly target the larger muscles groups. While these muscles get stronger and stronger, the smaller, more isolated muscles get neglected...

That doesn't normally cause a problem until you expose your body to thousands of repetitive movements that incorporate the larger AND the smaller muscle groups.

While you are challenged to hit harder and harder shots (as the strength in your large muscles groups increases), those finer muscles are placed under a disproportionate amount of stress.

The best way to compensate for this is to target and isolate those smaller muscle groups **before** they become over-worked.

Adding a few choice exercises for the forearm, core, low back, ankle, and rotator cuff to your tennis regimen can significantly reduce stress injuries in these areas and increase performance on the court. This will enable you to **LEAVE YOUR MARK.**



ICON Performance is passionate about the field of speed, strength & conditioning, and shares that enthusiasm with every client who trains under our supervision.

All aspects of your strength & conditioning program are exclusively under the supervision and guidance of ICON Performance. A strong emphasis is placed on injury prevention, educating clients, and training consistency. ICON works with individual clients, who are in 8th grade and older. We also offer 2+-client strength & conditioning programs for those athletes, who are in the same sport (similar position played) and close to the same age. Individuals interested in the 2+-client programs must be ready to start the program at the same time. The 2+-client program option is best suited for teammates or members of the same family who share similar goals in their strength & conditioning program... And, did we mention that the price of the program becomes less when choosing the group training option? While it is also a benefit to have top of the line equipment, it is the quality of training that you will receive that will have the greatest impact on helping you reach your athletic goals. The high school athlete or competitive amateur athlete receives the same preparation, guidance, motivation, and care during their strength & conditioning program as the professional athlete. Simply put, every client is treated as an elite athlete. ICON also has a background in physical rehabilitation, so we also understand the importance of reconditioning injured athletes to not only their previous level, but to a higher level. While most individual and 2+ client strength & conditioning programs are 12 sessions in length, building long term relationships with each athlete is the ultimate goal. This will enable athletes to seek additional advice or guidance to meet their continually changing needs. ICON also offers small group conditioning courses (6-12 participants) focusing on sports specific strength, ACL injury prevention/knee stabilization, acceleration, multi-directional speed, agility, footwork, and plyometrics.

The first step to be taken by athletes who are interested in utilizing the services of ICON Performance, is to contact us to set up an appointment for a free initial consultation. Call TODAY!

TRAINING COMPONENTS OF OUR SPEED, STRENGTH & CONDITIONING PROGRAM

- 1. Tennis Specific Resistance Training.**
- 2. Plyometrics (Speed-Strength Training)**
- 3. Core training (Abdominals / Obliques / Low Back)**
- 4. SAQ (Speed / Agility / Quickness)**
- 5. Footwork & Balance**
- 6. Metabolic Training**
- 7. Flexibility (Sports Specific)**
- 8. Power Sports Nutrition (In the Zone)**
- 9. General and Dynamic Warm-Up Routines**
- 10. Linear and Lateral Sprint Assisted Training**
- 11. Neurodynamics (Spring-Loaded Training)**
- 12. Energy System Training**
- 13. "Pre-Hab", Recovery and Restoration Training**
- 14. Sport Loading**

And much more specifically JUST for TENNIS!



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