

THE SOLUTION

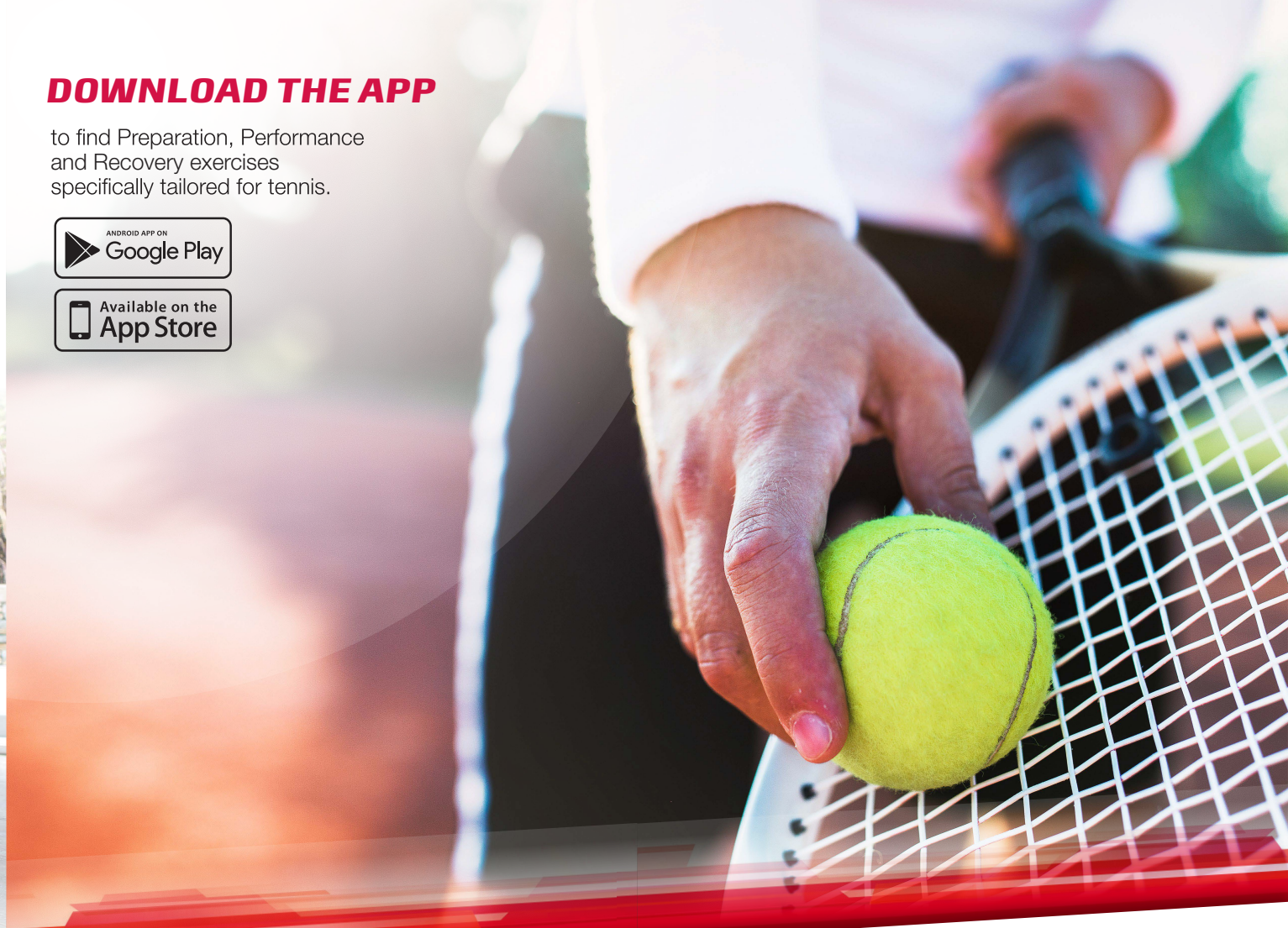
Whether you're a beginner, improving your technique or maximizing your performance for a match, Power Plate can help you **prepare faster, perform better** and **recover quicker**.

Used by professional athletes and fitness enthusiasts all over the world, Power Plate improves strength, increases flexibility and promotes faster recovery of damaged muscles.



DOWNLOAD THE APP

to find Preparation, Performance and Recovery exercises specifically tailored for tennis.



THE BEST KEPT SECRET

The vibrations cause destabilization and so the body's natural reaction is to rebalance, which engages more muscles. The results are an efficient and effective workout which promotes improved performance for coordination, agility, speed and endurance. Just 5 minutes on Power Plate before and after your game can drastically reduce the risk of injury.



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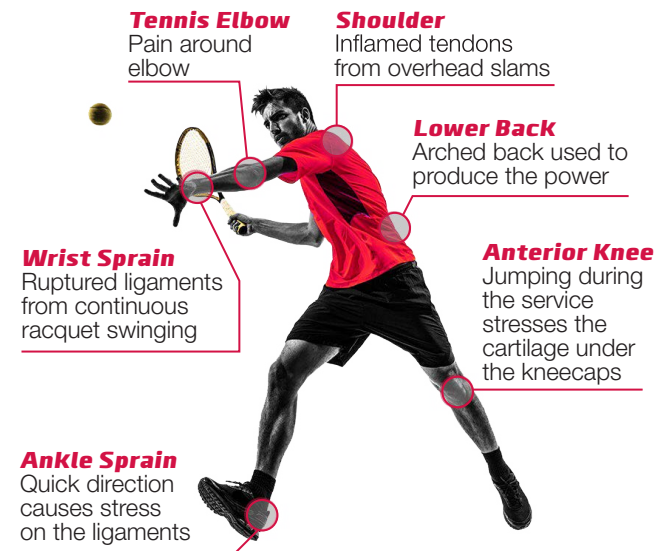
Game, Set,
MATCH!



TENNIS CHALLENGES

According to the ITF (International Tennis Federation), tennis is the world's most universal sport with **80 million** tennis players globally. The increased popularity in the sport creates a higher demand for the right preparation to increase strength, speed and endurance as well as offering preventative solutions to aid recovery and resolve tennis-related injuries.

While every tennis player has different requirements, the most typical problem areas are:



“ Training outside the tennis court is as important to me as training on the court. With the Power Plate, I can accelerate my training off the field and maximize the benefits ”

-Serena Williams

TENNIS PREPARATION 5 MIN

- It's important to use preparation techniques which are dynamic or movement-based rather than static.
- The vibrations will activate the muscles, tendons and ligaments while the direction of the movement will reflect the same motion of the activity you are about to perform.
- This means you can prepare specific areas of the body to dramatically reduce the risk of injury.



Example

Standing Inner Hip Stretch with Reach
30-35 Hz low / 30-60 secs each
leg x 2

This dynamic flexibility exercise will prepare the hips, the power-house of the body as well as the upper back and shoulders for the explosive movements and changes of direction required for making shots all over the court.

POST-MATCH RECOVERY

- Post match recovery techniques should be passive, allowing the muscles to slowly relax and release the tension from the impact of the game.
- The vibrations will keep the blood circulating, helping to remove the build up of toxins and bring fresh nutrients to the muscles.
- The body can relax with recovery and massage techniques helping to prevent muscle pull and other injuries.



Example

Soft Tissue Forearm Massage with Peanut Ball
35-40 Hz low or high / 60 secs +
1-2 sets

This recovery exercise will improve blood flow and circulation to the arm and wrist helping reduce stiffness and muscle soreness after hours on the court. In addition it can be used as a rehabilitation and preventative exercises for tennis elbow.