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# Tennis Anatomy

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The Tennis Drill Book  
I Am Not Your Victim  
Tennis Anatomy  
The Athlete's Shoulder  
The Anatomy of Hope  
The Young Tennis Player  
Tennis Science  
Golf Anatomy-2nd Edition  
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Absolute Tennis  
Anatomy Trains  
Strength Training Anatomy  
The anatomy and psychology of tennis  
Anatomy of a Misfit  
Soccer Anatomy  
A Modern Guide for Tennis Improvement  
Imaging in Sports-Specific Musculoskeletal Injuries  
The Ultimate Guide to Weight Training for Tennis (Enhanced Edition)  
Complete Conditioning for Tennis, 2E  
Functional Anatomy for Sport and Exercise  
Tennis Medicine  
Bodyweight Strength Training Anatomy  
Biomechanical Principles of Tennis Technique  
Anatomy and Physiology  
Tennis Health

Triathlon Anatomy  
Anatomy & 100 Stretching Exercises for Tennis  
Essential Tennis  
Plyometric Anatomy  
Complex Sports Biodynamics  
The Anatomical Venus  
The Artificial Anatomy of Parks  
The Inner Game of Tennis  
Hockey Anatomy  
International Book of Tennis Drills  
Swimming Anatomy  
World-class Tennis Technique  
Tennis Made Easy

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## **MIKAYLA RAMOS**

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### The Tennis Drill Book

Human Kinetics

Offers novice and intermediate level tennis players advice, tips, and exercises to help them improve their skills.

### **I Am Not Your Victim**

Human Kinetics

Elite players, coaches, and trainers rely on plyometrics to develop power, agility, speed,

strength, body control, balance, and overall athletic performance. With this authoritative guide on plyometrics, you can too! In *Plyometric Anatomy*, authors Derek Hansen, coach and consultant to elite athletes and professional and collegiate sports teams, and Steve Kennelly, assistant head athletic trainer for the New York Football Giants, share the training they've

used to propel athletes at all levels to success. They present 94 plyometric exercises, with 78 variations that increase in difficulty for continued development over time. Each exercise is fully illustrated with detailed anatomical art to showcase the muscles that are activated during the drill, so you can clearly see how the exercise contributes to improved performance. You'll also find unique plyometric exercises and variations that combine upper- and lower-body muscles in a single drill to better simulate complex sport-specific movements. Plus, considerations such as the impact of performing the drills on various surfaces, commonly used

equipment, and use of external loads are included to make sure you get the most from your training. With comprehensive coverage and expert insights, *Plyometric Anatomy* takes the guesswork out of training and provides the best tool to help you achieve dynamic strength and explosive power. It is the ultimate illustrative resource for maximizing athletic power production. [Tennis Anatomy](#) University of Chicago Press With 156 detailed, full-color anatomical illustrations, *Golf Anatomy, Second Edition*, depicts 72 exercises proven to improve strength, power, and range of motion. Golfers will add distance to drives,

consistency to the short game, and accuracy to putts.

### The Athlete's Shoulder

Human Kinetics

The essential book from online tennis coaching sensation Ian Westermann, founder of EssentialTennis.com. What's the number one thing stopping you from playing your best tennis? Ian Westermann, founder of the world's #1 online tennis instruction portal, Essentialtennis.com, will confidently say it's an obstacle you probably never thought of: The ball. You might think this sounds ridiculous. The whole point of tennis is to hit the ball over the net and in, so how can the ball be the thing that's standing in the way? In fact, this is why the ball is such an

impediment: your desire to hit a good shot, with the right mix of power and spin, to a specific spot on the court, prevents you from striking the ball the way you should. In Essential Tennis, readers - players and coaches, alike - will learn how improving at tennis actually happens and how to easily implement these lessons and integrate them into better play on the court. Players will hit stronger shots, make fewer errors, and beat players who are currently beating them. Coaches will look differently at what it means to provide a student with a holistic learning experience. Essential Tennis contains technique-based instruction for executing groundstrokes, volleys,

and serves, as well as progressions, drills, and mindsets players should incorporate. Westermann illuminates strokes, movement, strategy, and mental toughness – all proven to be successful over 20 years with clients of all ages and skill levels. *The Anatomy of Hope* HarperCollins I'm going to tell a story, a story that includes, a month other things, the different ethnic people that comprise Cedar Rapids, Iowa, with whom I interacted with while growing up, including a little of their history. There will be transitions in time throughout this book. First, going back to the Ice Age and how the area around Cedar Rapids was formed geologically. We will

then go back to early denizens, French and other explorers. We'll discover when and how Cedar Rapids was founded, its early people, traders, settlers and farmers that followed. *A Journal of an American City. The Young Tennis Player* Human Kinetics See how to achieve stronger starts, more explosive turns, and faster times! *Swimming Anatomy* will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke. *Swimming Anatomy* includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations

highlighting the primary muscles in action. Swimming Anatomy goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition.

Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance. You'll also learn how exercises can be modified to target specific areas, improve your form in the water, and minimize common swimming injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual

needs and goals. Whether you are training for a 50-meter freestyle race or the open-water stage of a triathlon, Swimming Anatomy will ensure you enter the water prepared to achieve every performance goal.

### **Tennis Science**

Random House  
Going far beyond standard pull-ups, push-ups, and squats, Bodyweight Strength Training Anatomy presents 156 unique exercises that work every muscle in the body. Detailed anatomical artwork accompanies step-by-step instructions for performing each exercise anytime, anywhere, without the need for equipment or machines.

**Golf Anatomy-2nd Edition** Human

Kinetics

"It's rare that a book can be as funny and absolutely delightful as it is moving and thought provoking, and *Anatomy of a Misfit* is both." —Lauren Oliver, author of *Before I Fall*

Anika Dragomir is the third-most-popular girl at Pound High School. But inside, she knows she's a freak; she can't stop thinking about former loner Logan McDonough, who showed up on the first day of tenth grade hotter, bolder, and more mysterious than ever. Logan is fascinating, troubled, and off limits. The Pound High queen bee will make Anika's life hell if she's seen with him. So Anika must choose—ignore her feelings and keep her social status? Or follow her heart and risk

becoming a pariah.

Which will she pick? And what will she think of her choice when an unimaginable tragedy strikes, changing her forever? Part Morgan Matson, part Nicola Yoon, this incredible YA voice narrates a story *Teen Vogue* calls "perfection in book form."

*Tennis Anatomy*

Elsevier Health Sciences

*Functional Anatomy for Sport and Exercise* is a quick reference guide to human musculoskeletal anatomy in its moving, active context. An accessible format makes it easy for students to locate clear, concise explanations and descriptions of anatomical structures, human movement terms and key

concepts. Covering all major anatomical areas, the book includes: an A-to-Z guide to anatomical terms and concepts. clear and detailed anatomical illustrations cross-referenced entries throughout highlighted key terms 'hot topics' discussed in more detail full references and a list of suggested further reading. *Functional Anatomy for Sport and Exercise* is a must-have supplement for undergraduates in applied anatomy, functional anatomy, kinesiology, physical education, strength and conditioning, biomechanics and related areas. Clare Milner is Assistant Professor in Biomechanics at the University of Tennessee, USA

*The Tennis Partner*  
Human Kinetics  
Gives an inside view of the specific muscle(s) in action during every resistance training exercise.

Tennis Anatomy  
Racquet Tech  
Publishing  
Explains the scientific basis of the forces and motions used in tennis strokes and applies six basic biomechanical principles players can use to improve their technique.

**Absolute Tennis St.**  
Martin's Griffin  
See what it takes to maximize multisport strength, power, speed, and endurance. *Let Triathlon Anatomy, Second Edition*, prepare you for the starting line and show you how to reach your personal best by increasing muscular strength and



optimizing the efficiency of every movement. Triathlon Anatomy features 74 of the most effective multisport exercises with step-by-step descriptions and full-color anatomical illustrations highlighting the muscles in action. But you'll see much more than the exercises—you'll also see the results. For each exercise, a Triathlon Focus feature illustrates how the movement is fundamentally linked to performance in each sport. You'll see how to strengthen muscles and increase stamina for cycling steep inclines, running across various terrains, and swimming in open water. You'll learn how to modify exercises to target specific areas,

reduce muscle tension, and minimize common injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you're training for your first triathlon or preparing for your next Ironman, Triathlon Anatomy will ensure you're ready to deliver your personal best.

### *Anatomy Trains*

Barrons Educational Services

An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic.

### Strength Training

Anatomy Human Kinetics Publishers

The latest edition of this in-depth look at athletic injuries of the

shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists, physical therapists, athletic

trainers, and primary care physicians. - Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. - Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. - Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. - Covers a large range of topics including all shoulder injuries to be

sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. - Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. - Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference. *The anatomy and psychology of tennis* Human Kinetics Tennis Anatomy shows

you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots.

Anatomy of a Misfit Human Kinetics Hockey Anatomy presents 96 exercises with 68 variations to improve on-ice performance. Highly detailed anatomical drawings highlight muscle groups used during exercise and during game action. Soccer Anatomy Human Kinetics Increase shot power and on-court speed and agility with the most comprehensive tennis conditioning resource available. Combining 204 drills and exercises with online access to 56 video demonstrations, the only strength and

conditioning resource endorsed by the USTA will help you outlast the competition. [A Modern Guide for Tennis Improvement](#) Price World Publishing

An inspiring and profoundly enlightening exploration of one doctor's discovery of how hope can change the course of illness. Since the time of the ancient Greeks, human beings have believed that hope is essential to life. Now, in this groundbreaking book, Harvard Medical School professor and New Yorker staff writer Jerome Groopman shows us why. The search for hope is most urgent at the patient's bedside. *The Anatomy of Hope* takes us there, bringing us into the lives of people at pivotal moments when

they reach for and find hope--or when it eludes their grasp. Through these intimate portraits, we learn how to distinguish true hope from false, why some people feel they are undeserving of it, and whether we should ever abandon our search. Can hope contribute to recovery by changing physical well-being? To answer this hotly debated question, Groopman embarked on an investigative journey to cutting-edge laboratories where researchers are unraveling an authentic biology of hope. There he finds a scientific basis for understanding the role of this vital emotion in the outcome of illness. Here is a book that offers a new way of thinking about hope,

with a message for all readers, not only patients and their families. "We are just beginning to appreciate hope's reach," Gropman writes, "and have not defined its limits. I see hope as the very heart of healing."

Imaging in Sports-Specific

Musculoskeletal

Injuries Thames & Hudson

John Williams shares his unique perspective on tennis improvement, the dietary and training regimens of the current professional stars plus insights into the future of tennis. John combines a lifetime of playing and teaching tennis to produce a book that can be used as a reference to aid the tennis-playing public in

finding a pathway for improving and enjoying this great game. The book begins by listing the USTA (United States Tennis Association) National Tennis Rating Program (NTRP) guidelines. This handy guide presents the characteristics, limitations and strengths of all tennis players. It is an easy to understand numerical classification of every talent level from 1 to 7 and will help the tennis-playing public determine their own skill level and the proper chapter to read in order to begin real tennis improvement. In addition, future rule changes, coaching changes and timely advice on the most underrated, underappreciated and underused shot in tennis (the lowly drop

shot). The drop shot is destined to be the offensive shot of the future and will give smaller, quicker players an additional weapon to counter the power in the modern game. The number of drop shots hit in the 2020 French Open set records in both the Men's and Women's single draws. It is inevitable in the women's game to expect more "droppers" in the future. About the author: John has a bachelor's degree in math and physics from the University of Charleston, a master's degree in astrophysics from Florida State University, and has completed three years of doctoral study in nuclear physics at Auburn University. John served as president

and regional vice president for the Missouri Valley Professional Tennis Association (MVPTA) from 1983-1991, vice president of the Florida Professional Tennis Association (FPTA) from 1978-1981, and regional vice president for the Mid-Atlantic Professional Tennis Association (MAPTA) from 1973-1975. Taking an occasional time out during a 35 year tennis-teaching career, John was able to play pro level tournaments in the days of "sham amateurism" (before open tennis) and continued to play and win pro level tournaments (after 1968) until he was 40 years old. He was a 3-time West Virginia Champion, a two-time Ohio Valley Champion,

a two-time Maryland State Champion and a two-time Western Maryland Champion. John won the West Virginia Open Doubles Championship 5 times and in 1973 won the Eastern Pro Singles Championship in Woodbury, NY along with a \$1000 purse, (It seemed like a lot of money at the time). John was inducted into the University of Charleston Hall of Fame in 2001 and the Missouri Valley Professional Tennis Association (MVPTA) Hall of Fame in 1999. He was named the Pinellas County Florida Coach of the Year in 1977 and 1981, and his family was named the Oklahoma Tennis Family of the Year in 1996 and 1999. He has coached and developed players of

all ages and abilities. They include state, sectional and national champions in multiple locales from Florida to Oklahoma. Even though he is appreciative of his industry accolades, John says, "My wife and children are my pride and joy."

[The Ultimate Guide to Weight Training for Tennis \(Enhanced Edition\)](#) Triumph Books Barron's Anatomy & 100 Stretching Exercises for Tennis includes guidelines and advice designed to help racket sport players improve their safety and performance. You'll get full-color photos and illustrations, along with step-by-step descriptions of each exercise and technique and its impact on anatomy. This guide

can help you improve your form and learn new techniques for a variety of racket sports, including tennis, paddleball, squash, and badminton. Whether you're a recreational player or a high-performance athlete, you can benefit from learning about biomechanics, ergonomics, stretching techniques, and more. You'll get: 88 specific stretches to help players achieve optimal performance, along with detailed explanations of each stretch 12 dynamic warm-up stretches to delay the onset of muscle fatigue and

avoid discomfort due to prolonged playing Knowledge about the biomechanics of racket sports, including the anatomical descriptions of the muscle groups involved Instructions on choosing the right racket to fit your specific needs for greater comfort and performance The basic history and evolution of tennis and other racket sports, and more These 100 stretches can help players and racket enthusiasts learn how to improve their form—and reach new performance heights—with every serve, volley, and passing shot.