

Choose the resistance level that is right for you



Train using the Dyna-Band and dominate the Tennis court with increased footwork speed and powerful strokes!

The concept of Dyna-Band® originated in hospitals for use in rehabilitation, to strengthen and repair muscles after injury. This idea has been developed further to produce a fitness/training aid to enhance players' physical performance.

Tennis is a physically demanding sport and places uneven demands on the body. There is a tendency for muscle imbalance as you predominately swing with one arm and one side of the body. Certain muscle groups are over-worked while others are neglected and infamous over-use injuries like tennis elbow and damage to the rotator cuff muscles commonly occur. Such injuries are less likely to occur with a balanced physic.

Dyna-Band® exercises encourage muscle balance (especially in the young) and help prevent muscle injury when used in a warm up programme. Certain key exercises performed with the lighter resistance Dyna-Band® are ideal for rehabilitation if injury does occur.

### What is the ESP Tennis programme?

The ESP Tennis Programme using the Dyna-Band includes easy to perform exercises targeting the muscles specifically used in a game of Tennis. By providing resistance for muscles to work against, the Dyna-Band® will:

- ⇒ Enhance players flexibility, speed, agility and endurance
- ⇒ Build/strengthen muscles and encourages muscle balance (especially in the young)
- ⇒ Increase racket speed resulting in more powerful strokes
- ⇒ Increase reaction time and court quickness (footwork speed)
- ⇒ Decrease risk of injury and aid rehabilitation

A vital aspect in Tennis is "Speed"- a fast racket speed will develop powerful forehands, backhands and serves and speedy footwork will result in greater court coverage and faster repositioning. Enhanced speed can be achieved by performing Dyna-band exercises to isolate and condition the specific muscle fibers that generate racket speed and quickness around the court.

Physical strength is also an important aspect in achieving peak Tennis specific fitness and the Dyna-Band® is highly effective during training, to strengthen shoulder muscles, which are prone to injury. Its versatility is great for an entire body workout ensuring total fitness. Many of the exercises involve slow, controlled movements allowing a combination of exercises to be performed simultaneously; helping to improve players coordination.

The Dyna-Band® product is colour coded according to its strength of resistance, catering for all abilities and levels, from the young amateur to the fitter Tennis professional. This feature also allows for progression and development.



**PINK (light)** - for rehabilitation after injury and younger players

**GREEN (medium)** - use for warm up and agility and flexibility training

**PURPLE (heavy)** - will maintain muscle strength and increase speed & endurance

**GREY (extra Heavy)** - can build and strengthen muscles.

The portable, versatile training aid

The Dyna-Band® requires minimal space and is cost effective, its portability and versatility makes it ideal as a training aid to maintain strength and flexibility while traveling.

The Dyna-Band® Train for Tennis pack comes with a well illustrated and easy to follow ESP Tennis specific instruction programme, a green and purple Dyna-Band®, a wrist/ankle cuff, a foam web handle, an assist strap and a clip. These Dyna-Band® accessories add a new dimension to the exercise and will allow you to perform a greater number of exercises.

The Dyna-Band® is used regularly by the LTA, it's considered to be a vital piece of equipment used in their physical training sessions, it also features in their physical training courses for coaches.

*"The Dyna-Band is the perfect piece of equipment for our athletes to use when they are travelling to tournaments to maintain their level of muscular strength and endurance. No Gym is required and fits into your travelling bag taking up no extra space"*

**Kieron Vorster-Director of Physical conditioning at LTA**



**Strengthen your Tennis specific muscles - develop power, speed, quickness and encourage muscle balance!**