



## Net Flex: 10 Minutes a Day to Better Play

*Paul Frediani*

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# Net Flex: 10 Minutes a Day to Better Play

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**Net Flex: 10 Minutes a Day to Better Play** Paul Frediani

**Improve your tennis game, increase your power, speed and agility while avoiding injuries in just 10 minutes each day!**

Tennis anyone? It will be tennis everyone with *Net Flex*, a new scientifically designed program for players at all levels and ages. In only 10 minutes a day, *Net Flex* will help improve your game whether you're a weekend player or a top tournament competitor. This simple easy-to-follow plan is specifically designed to prepare, warm up and strengthen the muscles used in tennis. Developed by one of America's leading fitness advisors, these stretches can be done almost anywhere—in your office, at the clubhouse, at home or on the court.

Here are just some of the ways *Net Flex* will give you an advantage on the court:

- Increase your power and range of motion to hit monster serves
- Use “muscle memory” to improve the mechanics of your shots
- Strengthen your ankles and elbows to avoid injuries and much, much more!

With a special section on avoiding injuries by Nick Anthony, world renowned conditioning trainer for the Association of Tennis Professionals (ATP), now you can discover the benefits of flexibility long-enjoyed by the world's top players. Let one of American's leading trainers be your guide to tennis' secret weapon: *Net Flex*.

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