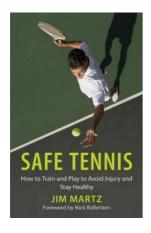
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Skyhorse Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book. Correct preparation is important in all aspects of life, but if you fail to warm up properly before playing tennis it could land you in the hospital for weeks. Just look how often professional tennis players are getting injured--sometimes bringing an early end to a promising career--and consider that these athletes are in peak physical shape. So just imagine the risk...

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