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To Fitness For Injury-free Tennis By Suzanna McGee**

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care, the incidence of brachial plexus injuries has decreased significantly. .. A mindful approach to fitness for injury-free tennis, Zuzi Publishing (2010).

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But I love working out the way I've come to understand it, and two big First, I realized that we all live in a kind of Fitness Fog, a miasma of lies and franchise gym: roughly 5 percent taken up by free weights; 5 percent by .. lifting like this, and how barbells have become de rigeur on the pro-tennis circuit.

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## **Work: suzanna mcgee - tennis fitness trainer, writer and tennis**

"Tennis Fitness for the Love of it: a Mindful Approach to Fitness for Injury-free Tennis" has been published in September 2010 and is available on Amazon.com

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