

GYROTONIC® and Tennis

The **GYROTONIC EXPANSION SYSTEM**® has been in existence for more than twenty years and has been recognized as an exercise system for both athlete and layperson. Conceived and developed by Juliu Horvath for the special needs of dancers, its key principles are based on the fundamentals of ballet, gymnastics, swimming, martial arts and yoga. **GYROTONIC**® has been discovered by a more mainstream population and is rapidly becoming a popular form of exercise.

With its growing popularity the system is also being utilized to enhance training for a variety of different athletic fields. It was only a matter of time before tennis added **GYROTONIC**® to its list for strengthening and cross training. Specialized equipment was designed for the system for the execution of movements and exercises; which encourages total freedom and enhances coordination, strength and flexibility. With special attention paid to increase the functional capacity of the spine, results are a superior and well-proportioned body, which is significantly less prone to injuries. Motion patterns are natural, turbulence free and pure without interruption, creating a bridge between contraction and extension through the rotating movement of the joints, thereby creating enhanced balance. These very concepts are a direct link to the needs of tennis players of any level.

Some areas that will be addressed that are specific to the needs of tennis players are upper and lower body alignment and form. Attention to footwork and placement of weight on the metatarsal for greatest balance and agility. Exercises that have been incorporated will increase rotation of the spine, strengthen wrists, abdominals and back muscles, and improve serves, volleys, and ground strokes. Along with this are elements of breathing, which are key to remaining focused and keeping muscles healthy and responsive in the midst of any athletic venture. There is also a cardiovascular-aerobic element for the more accomplished athlete.

The patented **GYROTONIC EXPANSION SYSTEM**® emphasizes multiple joint articulations without compression, thus strengthening ligaments and each attachment. It's effectiveness in teaching a variety of body conditions makes it a natural match for tennis. The manner in which major muscle groups are worked interdependently and in an integrated manner along with the emphasis on the spine and the rotation and flexibility associated with it leave not doubt that **GYROTONIC**® has the ability to enhance and improve anyone's game.