# SERVE ON SAND TO UP THE INTENSITY AND BURN MORE FAT.

# **Your Advantage**

## Revive your whole body by taking up beach tennis. BY KAREN ASP

each-bound this summer? Don't forget to pack your tennis racket. As crazy as it sounds, there's a new sport called beach tennis. Try it once and, no doubt, you'll be hooked.

Although its roots are in tennis, beach tennis shares more similarities with beach volleyball and badminton. Matches, after all, are played on a regulation beach-volleyball court. The four players volley back and forth without letting the ball bounce. The score, though, is similar to tennis, with a few minor modifications.

# Stronger, Faster, Better Training 🔯

BURN, BABY, BURN. Physically, beach tennis resembles beach volleyball more than traditional tennis. After all, although there is some upper-body action in beach tennis, the sport puts a greater challenge on the core and lower body, simply because you're moving through the sand.

"Play a few games and you'll feel a huge build-up of lactic acid in your legs," says Nadia Johnston, a two-time women's national beach-tennis champion and former professional tennis player.

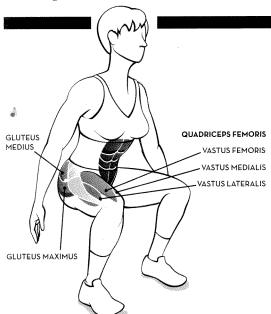
LEG POWER. To train for the sport, Johnston hones her racket skills on the tennis court. But don't think you have to be adept at tennis to get involved: Although tennis players hold some advantages, the bigger challenge is moving through the sand, so even if a woman has the tennis know-how but lacks movement skills, she may struggle. On the other hand, if you can move well especially through the sand - you can learn the racket skills as you go.

Johnston follows a traditional fitness program with a good mix of cardio (she has recently gotten into boxing and also practices playing tennis on the sand toward the start of the season) and strength training.

Most of her strength-training sessions are focused on developing her quads, hams, glutes and core, as well as conditioning her lower body to withstand the challenges that the sand poses. "You have to train for that fatigue factor," she says. That's why she is a fan of plyometrics. Do this exercise at least twice a week - and when you feel the burn, talk your body through it.



Beach tennis was first played in Brazil and Holland and was introduced to Australia in 2004.



#### YOUR POWER-PACKED MOVE:

## **Plyometric Squat**

WHAT IT WORKS: Quadriceps, hamstrings and glutes HOW TO DO IT: Stand with your feet shoulder-width apart and your

arms at your sides. Contract your abs. Lower into a squat, keeping your weight on your heels and your knees aligned with your ankles. As you release, explode off the ground, jumping as high as you can. Repeat. Do up to three sets of 20 reps.

TOP TIP: Keep your knees slightly bent whenever you land. KICK IT UP A NOTCH: Hold a set of light weights to the side of your body as you jump. O

Want more? Check out beach tenn is. com. au, where you'll find in fo about the rules of thesport and the events schedule.

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