

# IMPACTS OF CROSSFIT TRAINING ON THE TENNIS ATHLETE'S PERFORMANCE

IMPACTOS DO TREINAMENTO DE CROSSFIT SOBRE O DESEMPENHO DOS ATLETAS DE TÊNIS

IMPACTO DEL ENTRENAMIENTO DE CROSSFIT EN EL RENDIMIENTO DE ATLETAS DE TENIS



Qiaoliang Wang<sup>1</sup>   
(Physical Education Professional)  
Ning Yao<sup>1</sup>   
(Physical Education Professional)

<sup>1</sup> Nanjing University, Nanjing,  
Jiangsu, China

## Correspondence:

Ning Yao  
Nanjing, Jiangsu, China, 210000.  
aidpo021@163.com

## ABSTRACT

**Introduction:** The competitive level of tennis has increased in recent years, challenging researchers to promote a higher level of endurance and performance of its practitioners. **Objective:** Analyze the impacts of CrossFit training on the performance of tennis athletes. **Methods:** This work conducted a four-week experiment with 50 professional tennis players, introducing a protocol based on CrossFit training to the experimental group. Levels of sports endurance and competition performance were statistically analyzed before and after the experiment. It was also analyzed whether CrossFit training could effectively improve tennis players' sports endurance and performance level. **Results:** After the intervention, the time required for the tennis players to take off and hit the ball 20 times in three steps after the recoil was reduced from 71.12 seconds before the experiment to 60.04 seconds in the experimental group. The forehand strike's linear and diagonal speeds increased by 11.00% and 6.57%, respectively. And the number of effective and accurate balls in the recoil increased by 5.87% and 5.58%. **Conclusion:** CrossFit training can improve tennis players' sporting endurance, playing a positive role in improving the players' level. **Level of evidence II; Therapeutic studies - investigation of treatment outcomes.**

**Keywords:** Physical Education and Training; Tennis; Physical Fitness.

## RESUMO

**Introdução:** O nível competitivo do tênis tem se elevado nos últimos anos, desafiando os pesquisadores na promoção de um maior nível de resistência e desempenho dos seus praticantes. **Objetivo:** Analisar os impactos do treinamento de CrossFit sobre o desempenho dos atletas de tênis. **Métodos:** Este trabalho conduziu uma experiência de quatro semanas com 50 tenistas profissionais, introduzindo um protocolo baseado no treinamento de CrossFit ao grupo experimental. Níveis de resistência esportiva e o desempenho na competição foram analisados estatisticamente antes e depois do experimento, também foi analisado se o treinamento CrossFit poderia efetivamente melhorar a resistência esportiva e o nível de desempenho dos tenistas. **Resultados:** Após a intervenção, o tempo necessário para os tenistas decolarem e baterem na bola por 20 vezes em três etapas após o recuo foi reduzido de 71,12 segundos antes do experimento para 60,04 segundos, no grupo experimental. A velocidade linear e a velocidade diagonal da batida dianteira também aumentaram em 11,00% e 6,57%, respectivamente. Sendo que o número de bolas efetivas e de bolas precisas no recuo aumentaram em 5,87% e 5,58%. **Conclusão:** O treinamento de CrossFit pode melhorar a resistência esportiva dos tenistas, desempenhando um papel positivo na melhora do nível dos jogadores. **Nível de evidência II; Estudos terapêuticos - investigação dos resultados do tratamento.**

**Descritores:** Educação Física e Treinamento; Tênis; Aptidão Física.

## RESUMEN

**Introducción:** El nivel competitivo del tenis ha aumentado en los últimos años, desafiando a los investigadores en la promoción de un mayor nivel de resistencia y rendimiento de sus practicantes. **Objetivo:** Analizar los impactos del entrenamiento de Crossfit en el rendimiento de atletas de tenis. **Métodos:** Este trabajo realizó un experimento de cuatro semanas con 50 tenistas profesionales, introduciendo en el grupo experimental un protocolo basado en el entrenamiento CrossFit. Se analizaron estadísticamente los niveles de resistencia deportiva y rendimiento en competición antes y después del experimento, también se analizó si el entrenamiento de Crossfit podía mejorar eficazmente la resistencia deportiva y el nivel de rendimiento de los tenistas. **Resultados:** Después de la intervención, el tiempo requerido por los tenistas para despegar y golpear la pelota durante 20 veces en tres pasos después del retroceso se redujo de 71,12 segundos antes del experimento a 60,04 segundos en el grupo experimental. La velocidad lineal y la velocidad diagonal del golpe de derecha también aumentaron un 11,00% y un 6,57%, respectivamente. Siendo que el número de pelotas efectivas y de pelotas precisas en el retro aumentaron en 5,87% y 5,58%. **Conclusión:** El entrenamiento de Crossfit puede mejorar la resistencia deportiva de los tenistas, desempeñando un papel positivo en la mejora del nivel de los jugadores. **Nivel de evidencia II; Estudios terapéuticos - investigación de los resultados del tratamiento.**

**Descriptores:** Educación y Entrenamiento Físico; Tenis; Aptitud Física.



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## **Table of Contents Popularity Of Crossfit Training Negative Impacts Of Crossfit Training**

1. Understanding the eBook Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - The Rise of Digital Reading Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Advantages of eBooks Over Traditional Books
2. Identifying Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - User-Friendly Interface
4. Exploring eBook Recommendations from Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Personalized Recommendations
  - Popularity Of Crossfit Training Negative Impacts Of Crossfit Training User Reviews and Ratings
  - Popularity Of Crossfit Training Negative Impacts Of Crossfit Training and Bestseller Lists

5. Accessing Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Free and Paid eBooks
  - Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Public Domain eBooks
  - Popularity Of Crossfit Training Negative Impacts Of Crossfit Training eBook Subscription Services
  - Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Budget-Friendly Options
6. Navigating Popularity Of Crossfit Training Negative Impacts Of Crossfit Training eBook Formats
  - ePub, PDF, MOBI, and More
  - Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Compatibility with Devices
  - Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Highlighting and Note-Taking Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Interactive Elements Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
8. Staying Engaged with Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
9. Balancing eBooks and Physical Books Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Setting Reading Goals Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Fact-Checking eBook Content of Popularity Of Crossfit Training Negative Impacts Of Crossfit Training
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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