

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 Wang¹
(Physical Education Professional)
Ning Yao¹
(Physical Education Professional)

¹ 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.



Popularity Of Crossfit Training Negative Impacts Of Crossfit Training

JA Banks



Popularity Of Crossfit Training Negative Impacts Of Crossfit Training:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, **Popularity Of Crossfit Training Negative Impacts Of Crossfit Training** . This immersive experience, available for download in a PDF format (Download in PDF: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

https://crm.avenza.com/About/detail/default.aspx/power_of_evidence_unit_review_packet.pdf

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

Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Introduction

Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Popularity Of Crossfit Training Negative Impacts Of Crossfit Training : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Popularity Of Crossfit Training Negative Impacts Of Crossfit Training : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Offers a diverse range of free eBooks across various genres. Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Popularity Of Crossfit Training Negative Impacts Of Crossfit Training, especially related to Popularity Of Crossfit Training Negative Impacts Of Crossfit Training, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Popularity Of Crossfit Training Negative Impacts Of Crossfit Training, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Popularity Of Crossfit Training Negative Impacts Of Crossfit Training books or magazines might include. Look for these in online stores or libraries. Remember that while Popularity Of Crossfit Training Negative Impacts Of Crossfit Training, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Popularity Of Crossfit Training Negative Impacts Of Crossfit Training eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Popularity Of Crossfit Training Negative Impacts Of Crossfit Training full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of

Popularity Of Crossfit Training Negative Impacts Of Crossfit Training eBooks, including some popular titles.

FAQs About Popularity Of Crossfit Training Negative Impacts Of Crossfit Training Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Popularity Of Crossfit Training Negative Impacts Of Crossfit Training is one of the best book in our library for free trial. We provide copy of Popularity Of Crossfit Training Negative Impacts Of Crossfit Training in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Popularity Of Crossfit Training Negative Impacts Of Crossfit Training. Where to download Popularity Of Crossfit Training Negative Impacts Of Crossfit Training online for free? Are you looking for Popularity Of Crossfit Training Negative Impacts Of Crossfit Training PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Popularity Of Crossfit Training Negative Impacts Of Crossfit Training. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Popularity Of Crossfit Training Negative Impacts Of Crossfit Training are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Popularity Of Crossfit Training Negative Impacts Of Crossfit Training. So depending on what exactly you are searching, you will be able to choose e books to suit your

own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Popularity Of Crossfit Training Negative Impacts Of Crossfit Training To get started finding Popularity Of Crossfit Training Negative Impacts Of Crossfit Training, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Popularity Of Crossfit Training Negative Impacts Of Crossfit Training So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Popularity Of Crossfit Training Negative Impacts Of Crossfit Training. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Popularity Of Crossfit Training Negative Impacts Of Crossfit Training, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Popularity Of Crossfit Training Negative Impacts Of Crossfit Training is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Popularity Of Crossfit Training Negative Impacts Of Crossfit Training is universally compatible with any devices to read.

Find Popularity Of Crossfit Training Negative Impacts Of Crossfit Training :

[power of evidence unit review packet](#)

[power station theory n3](#)

[powerpoint test study guide](#)

power machines n6 august 2014 exam paper

power command 2100 manual

[power level guide mage](#)

[powerware 9150 service manual](#)

[practical neural network recipes in c](#)

practice 15 geometric series answers

[practical speculation user guide](#)

[ppvt scoring guide](#)

[power the faces of evil faces of evil](#)

[power seat wiring diagram saab 9 3](#)

[power wheels cadillac wiring guide](#)

[powerpoint wheel of fortune game template](#)

Popularity Of Crossfit Training Negative Impacts Of Crossfit Training :

What happened to Deeper in You? - FAQs - Sylvia Day What happened to Deeper in You? - FAQs - Sylvia Day Reflected in You (Crossfire, Book 2) eBook : Day, Sylvia Reflected in You (Crossfire, Book 2) by [Sylvia Day] ... Sylvia Day is the #1 New York Times and #1 international bestselling author of over 20 award-winning ... Reflected in You (Crossfire, #2) by Sylvia Day Read 11.3k reviews from the world's largest community for readers. Gideon Cross. As beautiful and flawless on the outside as he was damaged and tormented o... Reflected in You (A Crossfire Novel) by Sylvia Day Book Review - Reflected in you (Crossfire #2) - Sylvia Day The second chapter in Eva and Gideon's story is one that will enthrall you, emotionally hurt you ... Reflected in You (A Crossfire Novel #2) (Paperback) By Sylvia Day ; Description. The sensual saga of Eva and Gideon continues in the second novel in the #1 New York Times bestselling Crossfire series. Gideon Cross ... Reflected in You - Crossfire Series, Book 2 Oct 2, 2012 — The second novel in the searingly romantic series following Gideon Cross and Eva Tramell, written by Sylvia Day. The Crossfire Saga, Book 2. Reflected in You (Crossfire Series #2) The sensual saga of Eva and Gideon continues in the second novel in the #1 New York Times bestselling Crossfire series. Gideon Cross. What is the correct reading order for the Crossfire Saga? What is the correct reading order for the Crossfire Saga? · Bared to You · Reflected in You · Entwined with You · Captivated by You · One with You. Review: Reflected in You by Sylvia Day Nov 5, 2012 — Gideon Cross. As beautiful and flawless on the outside as he was damaged and tormented on the inside. He was a bright, scorching flame that ... Book Review - Reflected In You by Sylvia Day Oct 4, 2012 — Reflected in You: Book #2 in the Crossfire Series (see my review for book#1 - Bared To You, if you haven't read this yet. Manuals - iPod Browse Manuals by Product · iPod Touch User Guide for iOS 15 · Web | Apple Books · iPod Touch User Guide for iOS 14 · Web | Apple Books · iPod touch User Guide for ... User manual Apple iPod Nano (English - 104 pages) Manual. View the manual for the Apple iPod Nano here, for free. This manual comes under the category MP3 players and has been rated by 10 people with an ... iPod Nano User Guide Use the Apple EarPods to listen to music, audiobooks, and podcasts. The EarPods also double as an antenna for listening to radio broadcasts. For information ... instruction manual for iPod nano 5th gen. May 24, 2012 — My Granddaughter got an iPhone and gave me her iPod nano, 5th generation. How do I charge it on my Mac and how do I get an instruction ... Download iPod nano Manuals for All Models Dec 2, 2020 — The iPod nano doesn't come with a manual, but you can get one. Here's where to find these downloadable manuals for every iPod nano model. Apple - Support - Manuals (AU) Browse Manuals by Product · iPod Touch User Guide for iOS 15 · Web | Apple Books · iPod Touch User Guide for iOS 14 · Web | Apple Books · iPod touch User Guide for ... How can I get a user manual? - iPod Nano 1st Generation Mar 28, 2010 —

Here's the PDF manual from Apple: http://manuals.info.apple.com/en_US/iPod... - iPod Nano 1st Generation. iPod classic User Guide Apple Logo ; iPod touch. User Guide · iPod classic. User Guide · iPod nano. User Guide ; iPod touch To view on iPod touch: Install the free iBooks app, then ... iPod nano User Guide For downloadable versions of the iPod nano User Guide and the latest safety information, visit support.apple.com/manuals/ipod. Important safety and handling ... iPod nano (2nd Gen) Features Guide (Manual) Read this section to learn about the features of iPod nano, how to use its controls, and more. To use iPod nano, you put music, photos, and other files on your ... X L R It is important to read your. Owner Manual and become familiar with the information ... Cadillac owner Center at My GMLink, visit www.cadillac.com. Certain ... GM Owner Manuals 2006 Cadillac XLR Owner Manual M. Page 2. GENERAL MOTORS, GM, the GM Emblem ... Roadside Service is prepared to assist owners who have hearing difficulties or ... 2006 Cadillac XLR/XLR-V Owner Manual Contains information on the proper operation and care of the vehicle. The Owner Guide may include Maintenance Schedule. Owner Guide supplements are available ... Repair Manuals & Literature for Cadillac XLR Get the best deals on Repair Manuals & Literature for Cadillac XLR when you shop the largest online selection at eBay.com. Free shipping on many items ... User manual Cadillac XLR (2006) (English - 456 pages) Manual. View the manual for the Cadillac XLR (2006) here, for free. This manual comes under the category cars and has been rated by 1 people with an average ... 2006 Cadillac XLR - Owner's Manual - 456 Pages ... Cadillac · 2006 XLR · Owner's Manual. 2006 Cadillac XLR — Owner's Manual. Posted on 10 Apr, 2020. Model: 2006 Cadillac XLR Pages: 456. File size: 4 MB. 2006 Cadillac Xlr owners manual - OwnersMan The Cadillac Xlr owner's manual is a comprehensive guide provided by Cadillac to assist owners in understanding and operating their specific model of the ... Free 2006 Cadillac XLR Owner's Manual - VinCheck.info Sep 20, 2022 — Free 2006 Cadillac XLR Owner's Manual. Find detailed technical information on your Cadillac vehicle operation & maintenance. 2006 Cadillac XLR (YX-Platform) Service Manual Set 2006 Cadillac XLR (YX-Platform) Service Manual Set. Contains Factory Authorized Service information written by General Motors.