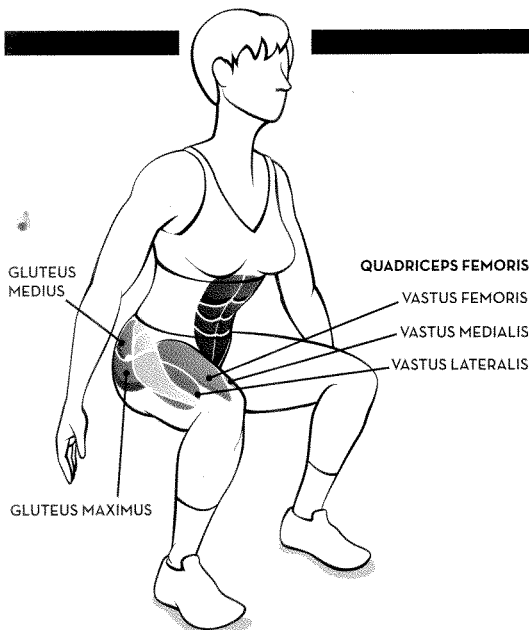


Your Advantage

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

Beach-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.



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. **⊕**

Want more? Check out beachtennis.com.au, where you'll find info about the rules of the sport and the events schedule.

FUN FACT

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