



## INTRODUCTION

FBT60 stands for Fit ByTennis in 60 Days. Before engaging in this program or changing nutritional intake, players should consult their physician first.

## WHAT IS FBT60?

FBT60 is a Revolutionary 60 Day Tennis/Fitness Program combining a NUTRITIONAL PROGRAM with a series of Ball Machine Drills. This program is designed for the individual looking to get fit while performing tennis specific drills either by themselves with a ball machine, or in a group situation with a tennis instructor and a ball machine.

## THE FBT60 WORKOUT

Each weekly workout program is to be performed 3 times a week for two weeks consecutively. The drills are separated into two different categories called BESIDERS and TOUCH N GOS. Individual workouts last about an hour. Groups clinics could be an hour or hour and a half depending on fitness levels. Each drill can be adjusted to become more intense by increasing the distance traveled in each drill.

## WHY IS FBT60 SO SUCCESSFUL?

When most people train on a ball machine, their movement is usually quite limited leaving them basically standing there hitting forehands and backhands for sometimes 100 plus balls without stopping. FBT60 forces the player to constantly keep moving for a fixed amount of shots and reps. When done properly, the player can usually only perform 15-20 shots before becoming fatigued. There is a 20 second rest period between each rep. This will not only improve the player's fitness and body, but their game as well.

## HOW TO GET FBT60 PROGRAM?

Videos of FBT60 Drills being performed are FREE at [www.PlaymateTennis.com](http://www.PlaymateTennis.com). The Introduction, Nutritional Plan, Dynamic Stretch, Workout Routines, are also all FREE at [www.FBT60.com](http://www.FBT60.com). There is also a line of FBT60 Gear available at [www.FBT60.com](http://www.FBT60.com).

## HOW DOES THE CLUB BENEFIT FROM FBT60?

- FBT60 provides the members with a new service and program
- FBT60 improves member's fitness and wellness

## GENERATE EXTRA LESSON REVENUE!

- Here's how. Offer this program to the members at least once a week for the eight week FBT60 training period so players better understand the nature of the program and the drills before they train by themselves.

## GENERATE EXTRA BALL MACHINE REVENUE!

- Here's how. Sell ball machine club passes to the FBT60 players to make it cost effective to perform the program. Info on Ball Machine Clubs can be found at [www.FBT60.com](http://www.FBT60.com) in the RESOURCE CENTER under "Marketing Ball Machines Article."

"What The Mind Believes, The Body Achieves"