



INTRODUCTION (READ THIS FIRST)

FBT60 Stands for **Fit By Tennis in 60 Days**. **FBT60** is a serious fitness and nutrition program. Before engaging in this program or changing your nutritional intake, consult your physician first.

Following the **FBT60 Nutrition Plan** is critical if you wish to have successful weight loss and a healthier body utilizing this program. The key to any fitness program such as **FBT60** is nutrition. You can perform strenuous daily workouts and never lose a pound unless you have a sound nutrition plan.

The tennis portion of **FBT60** is a 60 day program of ball machine drills that are broken into 4 separate workouts. Each weekly workout program is to be performed **three times a week** for **two weeks consecutively**. The drills are separated into two different categories called **BESIDERS** and **TOUCH N GOS**. **NOTE:** For your safety, while performing **TOUCH N GOS**, if you are not comfortable jogging backwards, side step shuffle back instead. You will need a small towel to perform the **TOUCH N GOS**.

When most people train on a ball machine, their movement is usually quite limited leaving them basically standing there hitting forehands and backhands. The **FBT60** Drills force you to constantly keep moving for a fixed amount of shots and reps. You should take a rest period of at least **20 seconds in between each rep**. If you need more time, take it, and work up to a faster time between reps. If performed properly, **FBT60** will not only improve your fitness, but your footwork and game as well.

There are several critical points for you to have success with the drills portion of this program.

- 1. Feed Rate** – The Feed Rate of the ball machine is one of the most important aspects the tennis portion being successful. The Feed Rate should be set so that when your struck ball passes the ball machine opening, the machine throws another ball, simulating an opponent.
- 2. The Mind** – Before you start this program you must have your mind right. Having your mind right not only means that you are ready to work hard, but also it means that you are willing to change, and willing to change for life! It is being mentally tough when you are feeling down, and fight through those times to still perform your workouts.
- 3. Hydration** – You have to stay hydrated. Make sure to carry your own beverage to the court and keep it accessible so that you drink frequently during your workout. The best saying regarding hydration in sports is “If you are thirsty, it’s too late”.
- 4. Breathe** – When performing the drills, remember to breathe out as you strike the ball. Many players tend to hold their breath when striking the ball which causes them to play tight and get tired prematurely.
- 5. Advanced Players** – This program was designed for the average player. Advanced players should play more advanced shots off of the drills given in the workouts. For example, with the All-Time FH Moonball Drill, the advanced player could play the first Moonball on-the-rise and the second on-the-descent. Also, with this same drill play both balls as a slice or both on-the-rise. The same could be done with regular groundstrokes in the workouts as well.
- 6. Music** – I always listen to music while I am working out on the ball machine. It seems to make an intense workout a lot less painful.

“What The Mind Believes, The Body Achieves”