



Personal Training Program

Powered by Evolve

"Advancing Tennis Through Sports and Human Science"

The Personal Training Program is a monthly plan designed to support a **wide range of goals**—from general fitness and wellness to junior athlete development and high-performance training for elite competitors.

Each program is **fully customized** based on individual body metrics, specific sports, preferred activities, and personal fitness goals.

What to expect from the Personal Training program:

Through targeted fitness workouts, we build the **foundations of both wellness and athletic performance**.

Real-life and on-court performance depend on skills that are first developed and mastered in controlled environments—like the gym.

By improving basic movement patterns and key coordinative abilities—both general and sport-specific—we enhance physical performance while promoting long-term mental and physical well-being.



The Evolve Personal Training Program is ideal if:

- You're a junior player aiming to elevate your game.
- You're an adult seeking improved fitness and overall wellness.
- You're a high-performance athlete looking to push your limits and stay competitive.

Program structure:

Designed for a minimum of **2-3 sessions per week**, the program is primarily conducted on-site with additional online follow-up as needed.

Fitness Sessions

Cardiovascular Workouts High-Impact Training Strength & Power Training

Cognitive Work

Sport-Specific Motor Skills Coordination Training Cognitive Abilities

Nutrition

Customised Meal Plans Nutritional Guidance & Insights



We also respond to any questions outside of scheduled sessions **within one business day—free of charge**.

Interested in learning more or getting a quote?

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Want something tailored to your specific needs? Personalized programs are available upon request.

