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# Swing Band - Tennis Racquet Resistance Training Band



**Brand:** Tennis Power Trainer, LLC  
**Product Code:** SB-100  
**Availability:** In Stock  
**Weight:** 7.00oz  
**Dimensions:** 1.50in x 5.25in x 11.00in

**Price: \$19.95**

## Short Description

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## Description

The Swing Band can be used to warmup and to perform isolated resistance training drills (such as serve, forehand, backhand and volley extensions) while normally gripping the tennis racquet.

Use the Swing Band alone or with the Swing Sleeve or Swing Max to warmup or develop muscle and joint strength.

Also great for injury prevention and recovery.

Attaches to any court fence or other anchor point.

Made of durable surgical tube rubber.

Attaches to any racquet in seconds.

Regular Strength Band or Junior Strength Band available.

### Use Details



**Installation:** Slide the looped end of the Swing Band over the racquet handle and position on the racquet throat above the grip area. Attach the clip to a solid anchor point. When attaching to a chain link fence, be sure to attach at the point of intersecting links (see image on right).

**Important Notice:** To avoid potential injury, DO NOT attach the clip at the level of your head, face or neck.

**Care & Maintenance:** The Swing Band is made of durable rubber, but will eventually weaken with normal use. Inspect the band and clip for normal wear and for cracks, nicks or cuts caused by improper use or storage. Replace the band if it exhibits signs of damage or excessive wear. DO NOT use a damaged Swing Band. Store the Swing Band out of the sun and avoid contact with sharp objects.

**Recommended Use:** The Swing Band can be used to warmup and to perform isolated resistance training drills (such as serve, forehand, backhand and volley extensions) while normally gripping the tennis racquet. To avoid failure of the surgical tube rubber material, the Swing Max should not be stretched more than one-to-two feet of its original length. Short, controlled motions should be performed on a repetition basis. Reduce the

resistance by moving closer to the anchor point. Increase the repetitions (not resistance) as you increase strength and endurance from repeated use.

**Caution:** The Swing Band is designed to be used for resistance training to increase strength and endurance. Discontinue use if you experience any pain or discomfort in the wrist, arm, shoulder or other areas.

**Recommended Age:** 14 & Older (with adult supervision)

### Shipping Info

Free Shipping in the United States sent via US Postal Service First Class Package or Parcel (normally arrives within 2-3 business days).

Premium shipping options available at checkout.

Shipment tracking number will be sent to your email address.

### Product Gallery

