

HEALTH AND FITNESS

- Strength & Conditioning

Upon request, our Strength and Conditioning coach is available to complement each player's personal Morlotti Academy Tennis Program with a Strength and Conditioning Program that will help them achieve their maximum potential on court. We utilize the latest evidence based practices in all our programs to reach client specific goals. Each program is specifically tailored to the individual's goals, fitness levels and strength levels.

- Exercise physiology and Injury Rehabilitation

Our coach has vast experience in the Injury Rehabilitation scene working as an Exercise Physiologist in Australia. This program will use evidence-based training protocols to aid your path to recovery, to strengthen your body, and to move more efficiently than ever before.

- Personal Training

Our coach can relate to all aspects of health and fitness, ranging from physique goals to enhancing and improving your athleticism. We understand the importance of leading a healthy, active lifestyle and will closely link all programs to client specific goals. With the main Morlotti Academy goal of creating an everlasting 'IMPACT' with all of our clients, we are very excited to add this element of coaching to our Academy.

