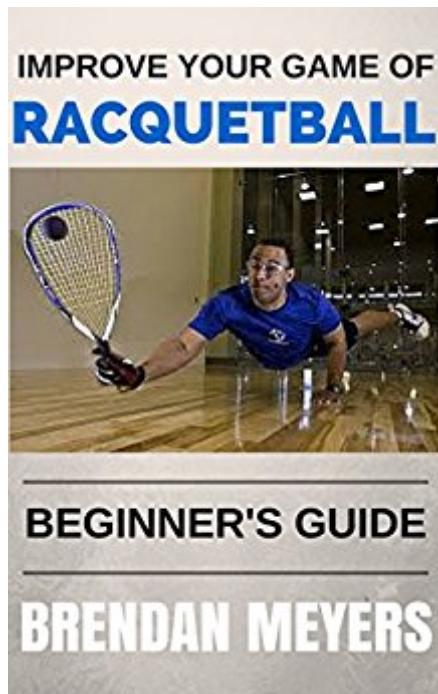


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Improve Your Game Of Racquetball - Beginner's Guide



Synopsis

From its humble beginnings at the Greenwich YMCA to its rise to fame, racquetball has been helping people across the world get into shape, have fun and develop lasting friendships. What once began as an indoor sport that was invented by combining the rules from tennis and handball has become an endearing sport for many people. Very little equipment is needed for this sport. Although the sport can be played outdoors, most racquetball courts are located inside. Once you have found a racquetball court, all you need is a racquetball, a racquet and some protective accessories, which include eye protection, mouth guards and padded elbow and knee pads. Whether you want to play against an individual player or play teams, racquetball can provide entertainment, fun and exercise. Additionally, a thrilling game of cut throat where you play against two other plays is sure to get your heart pumping. The game consists of serves and rallies. By learning a variety of serving techniques and rallying techniques, you can put your opponent on edge and successfully win the game. Some of the best strategies explained in this book are getting your opponent used to playing in the back court area and then rallying a serve, gently so that it lands in the front court area. Racquetball offers many health benefits. Playing a few times a week can help you quickly lose weight and melt away fat. Additionally, racquetball can help improve your mood and improve your cardiovascular and respiratory functions. If you want to be agile, nimble and quick on your feet, look no further than a fun game of racquetball. Enjoy the read!

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