**Suggested tests for the different categories of fitness that are important for tennis.**

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| **Fitness Component** | **example tests** | **comments** |
| **Aerobic Fitness** | * If testing large groups of players, the [shuttle run (beep) test](http://www.topendsports.com/testing/tests/20mshuttle.htm) would usually be the most appropriate test.
* You can find information on many other aerobic tests [here](http://www.topendsports.com/testing/aerobic.htm).
 | This is an important component of fitness for tennis.  |
| **Flexibility** | * The [sit and reach test](http://www.topendsports.com/testing/tests/sit-and-reach.htm) can be done for lower back and hamstring flexibility. Other [flexibility tests](http://www.topendsports.com/testing/flex.htm) should also be performed.
 | The flexibility tests should be specific to the actions of tennis.  |
| **Strength & Power** | * The [vertical jump test](http://www.topendsports.com/testing/tests/vertjump.htm) can be performed to measure leg power. [Maximal strength tests](http://www.topendsports.com/testing/tests/1rm.htm) for specific exercises should be conducted. A [handgrip strength test](http://www.topendsports.com/testing/tests/handgrip.htm) is also suitable.
 | Strength (and power tests) should also be done to determine strength levels and to monitor strength changes in conjunction with training programs.  |
| **Speed** | * [Sprint time over 20m](http://www.topendsports.com/testing/tests/sprint.htm), with split times for the 5m and 10m distance should be done if possible.
 | Running speed is very important in tennis in order to get to the ball. |
| **Body Fat** | * Body fat can be measured using the [skinfold method](http://www.topendsports.com/testing/tests/skinfolds.htm). If this is not available, monitoring [body weight changes](http://www.topendsports.com/testing/tests/mass.htm) would give an indication of body fat changes, assuming no change in muscle mass.
 | Excess body fat would affect the tennis player's ability to move freely around the court, and the extra weight will increase fatigue.  |
| **Agility** | * The [505 agility test](http://www.topendsports.com/testing/tests/505.htm) measures the ability to change direction 180 degrees, such as when the player runs along the baseline in rallies. A 90 degree turn test would also be suitable for tennis. The ability to turn to both the left and right direction may be different and should also be assessed.
 | The ability to quickly change direction is important for tennis.  |

More at: <http://www.topendsports.com/sport/tennis/testing.htm>