

Why Cardio?

Cardio Tennis is a fun, social, group tennis-fitness program for people of all ages and abilities. It's more about getting a great, high-energy workout than pure tennis technique.

You don't have to be Rafael Nadal or Sam Stosur to enjoy the energizing workout that is Cardio Tennis! Constant movement is the focus as a qualified coach guides you through a series of fun and heart-pumping drills that cater for all abilities and fitness levels



An average Cardio Tennis workout runs for 45 to 60 minutes and is comprised of:

- 5-10 minute warm-up

- 30-50 minute cardio tennis segment with drill-based and play-based activities

- 5-10 minute cool down



Participants exercise to music, use low-compression balls and a variety of equipment, including agility ladders.

Lose weight, get fit, have fun

Cardio Tennis is enjoyed best with friends – male or female. If you like exercising in a group, then you will find Cardio Tennis the perfect motivator.

Get a group of mates together or make some new friends in a fun and active atmosphere!



As well as being social, it's a great way to boost your fitness and lose weight. According to the Tennis Industry Association, during a Cardio

Tennis session, women will burn between 1260 and 2100 kilojoules per hour, and men will burn around 2100–3360 kilojoules per hour (on average).



A true Cardio Tennis session comprises six key components. These include:

- warm-up, cardio segment (drill-based and play-based activities) and cool down
- music – 120 to 150 beats per minute
- low-compression balls
- Cardio Burst activities (15-20 second aerobic activities such as agility ladders, footwork activities etc.)
- the coach (energetic, enthusiastic and engaging).

Social benefits



Exercising with a buddy, in teams or part of a group offers a whole new dimension to your physical activity and a variety of benefits. Cardio Tennis represents an excellent opportunity to enjoy a great workout in a social environment.

How many times have you planned to be active, only to excuse it away? “I’m too tired”, “it’s too hot”, “I don’t want to get out of bed yet” or “I’ll start on Monday” are all common reasons for not getting out and getting fit.

Self-motivation and discipline are key to exercise and crucial to getting benefits from being physically active. Including a few more people within your exercise regime offers a different approach and may alter your attitude to working out.

Up your motivation

One way to increase your likelihood of doing exercise is to work out with a friend. Getting a training buddy involved means there is someone else relying on you to work out with them – you’re less likely to skip out on a training session as you won’t want to let them down. Plus, exercising with a friend gives you a chance to catch up and take your mind off the exertion you’re putting in.

Widen your social circle

If working out with a friend enhances your social life, then working out with a team takes this to a whole new level. Taking part in a team sport or a group exercise session connects you with lots of new people, many of whom are likely to be of a similar age and have shared interests.

Manage stress

With several people in each session, Cardio Tennis is a great example of a group approach to exercise. And according to Energize Health Management’s Nathan Martin, this makes it a great stress buster.

“When people train by themselves, a lot of the time they’ll think about the dramas they’ve got going on in their lives, but as soon as you throw in a few more people it becomes more interactive,” he explains.

“They become more present in the moment, and it becomes more about what they’re doing now rather than what they’ve got to do or what’s happened, so they really start to let go. All of a sudden they get a lot more out of the training because they have forgotten about everything else by focusing on themselves and enjoying the training. And that’s why Cardio Tennis would be fantastic for people.”

Improve your results

Having people around you when you exercise can really lift your performance, due to the encouraging, supportive and motivating environment that you’re working out in.

Burn calories



Cardiovascular fitness activities like Cardio Tennis more rapidly burn calories, decreasing your likelihood of storing excess fat and helping you look and feel great.

When it comes to calories, it's a very simple equation. If you don't burn off as many calories as you are consuming, you will gain weight.

One way to begin burning those calories and get on the path to a healthier lifestyle is to make some dietary changes – cutting out the junk food and fizzy drinks and watching how much you eat is a good start. Another option is exercise. Cardio Tennis would burn a lot of calories compared with other workouts.

Body toning



Would you like a toned, sculpted, athletic-looking body? Incorporating the right exercises into your fitness program can help you on your way.

Getting “toned” is one of those health and fitness buzz-words you often hear when people talk about improving their physique. You may have heard someone say they want to “tone up” or somebody described as looking “lean and toned”. But what exactly does it mean?

Toning involves two things – weight loss and an increase in lean muscle tissue.

Toning your body can be achieved by including both cardiovascular-focused exercises and strength training in your fitness program. Cardiovascular activities will assist in weight loss while strength training exercises will work on increasing your lean muscle mass.

Stress relief



The physical benefits of exercise are well known, yet often forgotten are the mental health benefits that also come with being physically active. Cardio Tennis, with its high energy, intensity and social environment, makes for a great stress-buster.

There are actually a few theories behind why exercise is great for your mental health. From a “brain chemistry” perspective, it is believed that exercise boosts your brain’s production of endorphins. When released into the body, endorphins act as a kind of natural pain-killer to improve your mood, reduce pain and stress, and leave you feeling invigorated. Exercise has also been found to regulate serotonin levels in the brain – a chemical linked to functions including your sleep-wake cycle, libido and appetite – to improve mood, increase feelings of wellbeing, and even reduce depression.

Then there are theories that are slightly harder to quantify, but still seem to ring true. Exercise can enhance your self-esteem and body image – because you’re taking positive steps to a healthier lifestyle – and can provide a distraction or release from the stresses of everyday life.

Exercising as a form of stress management and relief is a great idea, as stress – particularly that which is prolonged or constant – can be harmful to your health. Stress is basically a process in which an individual perceives that they cannot cope with the situation or environment they’re facing.