TENNIS SPINPRO
RIGHT HANDED SETTINGS

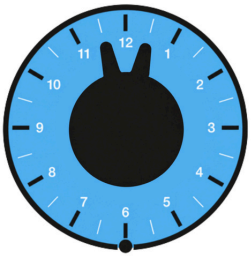
GROUNDSTROKES

11:00



HIGH TOPSPIN FH

12:00



TOPSPIN FH & BH
LOB FH & BH

1:00



HIGH TOPSPIN BH

1:30



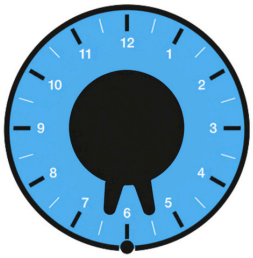
BANANA FH

4:30



LOW SLICE BH

6:00



SLICE FH & BH

7:30



HIGH SLICE BH

VOLLEYS

11:00



FH DRIVE VOLLEY

1:00



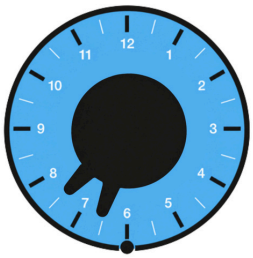
BH DRIVE VOLLEY

5:00



FH VOLLEY

7:00



BH VOLLEY

SERVES

1:00



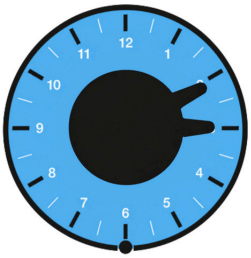
KICK SERVE

1:30



SLICE SERVE

2:30



BASIC SERVE

TENNIS SPINPRO
LEFT HANDED SETTINGS

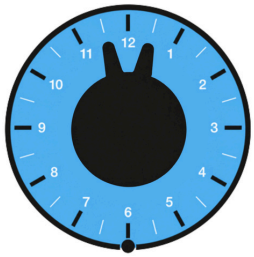
GROUNDSTROKES

1:00



HIGH TOPSPIN FH

12:00



TOPSPIN FH & BH
LOB FH & BH

11:00



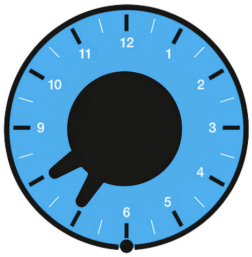
HIGH TOPSPIN BH

10:30



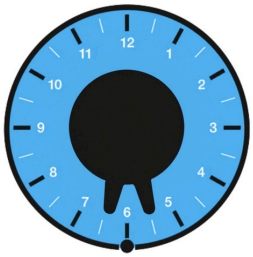
BANANA FH

7:30



LOW SLICE BH

6:00



SLICE FH & BH

4:30



HIGH SLICE BH

VOLLEYS

1:00



FH DRIVE VOLLEY

11:00



BH DRIVE VOLLEY

7:00



FH VOLLEY

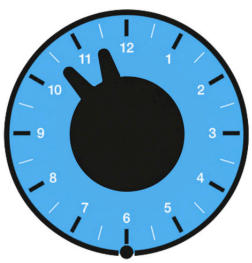
5:00



BH VOLLEY

SERVES

11:00



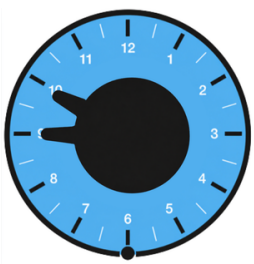
KICK SERVE

10:30



SLICE SERVE

9:30



BASIC SERVE