



## 1 On 1 Email Consultation Instructions

Please go through ALL the Strength And Mobility For Tennis material in the program and prepare a list of all questions you may have. Send your questions via email to [josh@therenkenscenter.com](mailto:josh@therenkenscenter.com). Please use this address ONLY.

Use "Strength And Mobility For Tennis Questions" as your subject line in the email. Please ONLY use this subject line so that Dr. Josh and Dave can find your email and respond to you quickly.

Please allow up to 48 hours to receive individualized answers to your questions. Because of all the emails Dave and Dr. Josh receive daily, failure to follow these directions may cause your email to become "lost."

If you do follow these instructions, they will provide you a quick and detailed response. Dave and Dr. Josh are really looking forward to helping you get stronger and more mobile so that you can play your best tennis ever

Committed to your success,

Jeff Salzenstein

Former ATP Top 100 Singles And Doubles Player  
Stanford All American, National Champion  
Dedicated High Performance Coach

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