

### **Abstract:**

- **Title:** Evaluation of tennis service by means of the surface electromyography.
- **Purposes:** To measure and describe selected muscles integration structure during tennis service movement and to recommend convenient specific exercises for tennis service training.
- **Methods:** Surface electromyography and simple kinematics analysis.
- **Results:** Results showed that player's service technique is stable. By measurements we discovered that the most suitable specific exercises for tennis service training are far-distant throw and ground-return throw with a tennis ball.
- **Key words:** tennis, service, specific exercises, surface electromyography, kinematics analysis