

what's in her GYM BAG?

SAMANTHA STOSUR



Tennis player and multiple Grand Slam winner Sam Stosur shares the training items that keep her strong—on and off the court.

Samantha "Sam" Stosur, best known for her win over the uber-powerful Serena Williams at the 2011 U.S. Open, is a fiercely competitive athlete. Her relentless dedication to the game has helped her take multiple Grand Slam titles in both singles and doubles. Most recently, she claimed the title of 2014 Wimbledon Mixed Doubles champion with partner Nenad Zimonjic.

As Stosur told *FitNation*, "It's all about winning tennis matches."

Besides her powerful serve and go-to tennis gear (which Stosur shares with us here), the Aussie native has something in her training arsenal that not everyone knows about: A home in Tampa, Florida.

"Coming from Australia it's hard to just pop home in between tournaments so I have a base in Tampa. The weather is perfect for tennis and I know I can practice all year round," says the 30-year-old, globe-trotting champion. "I also love to use the beach for recovery. There's nothing like the cool ocean for an ice bath."

Here, Stosur tells us about the gear that keeps her going strong during grueling workouts and matches against the world's best:

1. BABOLAT RACKET BAG

"I carry my rackets all around the world so my Babolat bag [is] just as important as my passport. It holds my eight rackets and has a compartment in the middle for my other gear."

2. BABOLAT GRIPS

"Tennis grips wear out after a while so I keep extras in my bag. This way I'm prepared when I need a new one."

3. ASICS WRISTBANDS

Sweaty palms can throw off even the most seasoned tennis pro's game. "Sweatbands help absorb some of the perspiration which makes it easier [to] maintain a secure grip on my racket."

4. CAMELBAK CHUTE WATER BOTTLE

"To help save the environment, I use my own water bottle and refill it, rather than using several plastic ones. I like the one-liter Camelbak Chute because it's big and keeps water really cold."

5. USANA DUTCH CHOCOLATE NUTRIMEAL

"After weight training I like to drink a USANA shake. It helps replace amino acids and carbs that I've used during my workouts and it doesn't have that horrible protein taste like similar products."

6. ASICS GEL-RESOLUTION 5 TENNIS SHOE

"This is my go-to shoe for both practice and game days. It's really supportive and comes in a ton of great colors that I can match to my outfits."

TOWEL

"A towel is [a] must for me. I sweat a lot and tennis follows the summer around the world so I'm usually training in the heat."

SMARTPHONE

"My trainer is based in Australia and sends all my gym programs through an app called Visual Coaching, so I need my smartphone." **FN**