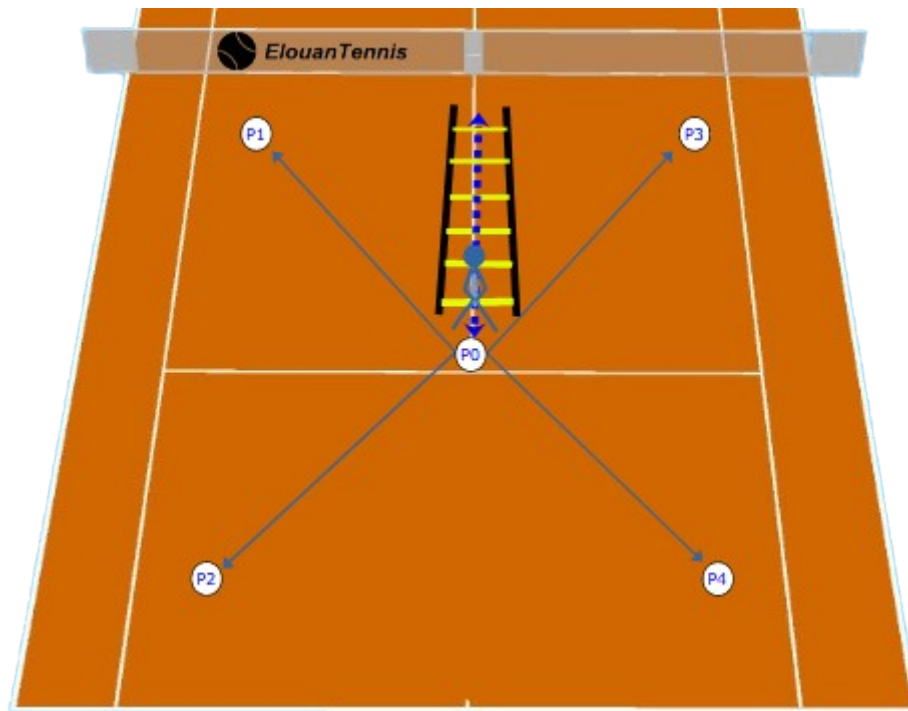


Rhythm scale 1

Category(s):	Rhythm scale
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	-



Hi friends

A little physical work with the rhythm scale.

Very good work for warm-up, coordination, agility and also cardio

- We start from position 0
- We go back and forth on the rhythm scale
- Then a round trip position 1 position 0 ---- > back and forth on the rhythm scale
- Then back and forth position 2 position 0 ---- > back and forth on the rhythm scale
- Then back and forth position 3 position 0 ---- > back and forth on the rhythm scale
- Then go-return position 4 position 0 ---- > back and forth on the rhythm scale

And we start again ;)

Small variation: the same exercise but racket in hand



Elouan Tennis Drill Maker (ETDM)
Software for creating & editing tennis exercises



<https://elouan-tennis.com>