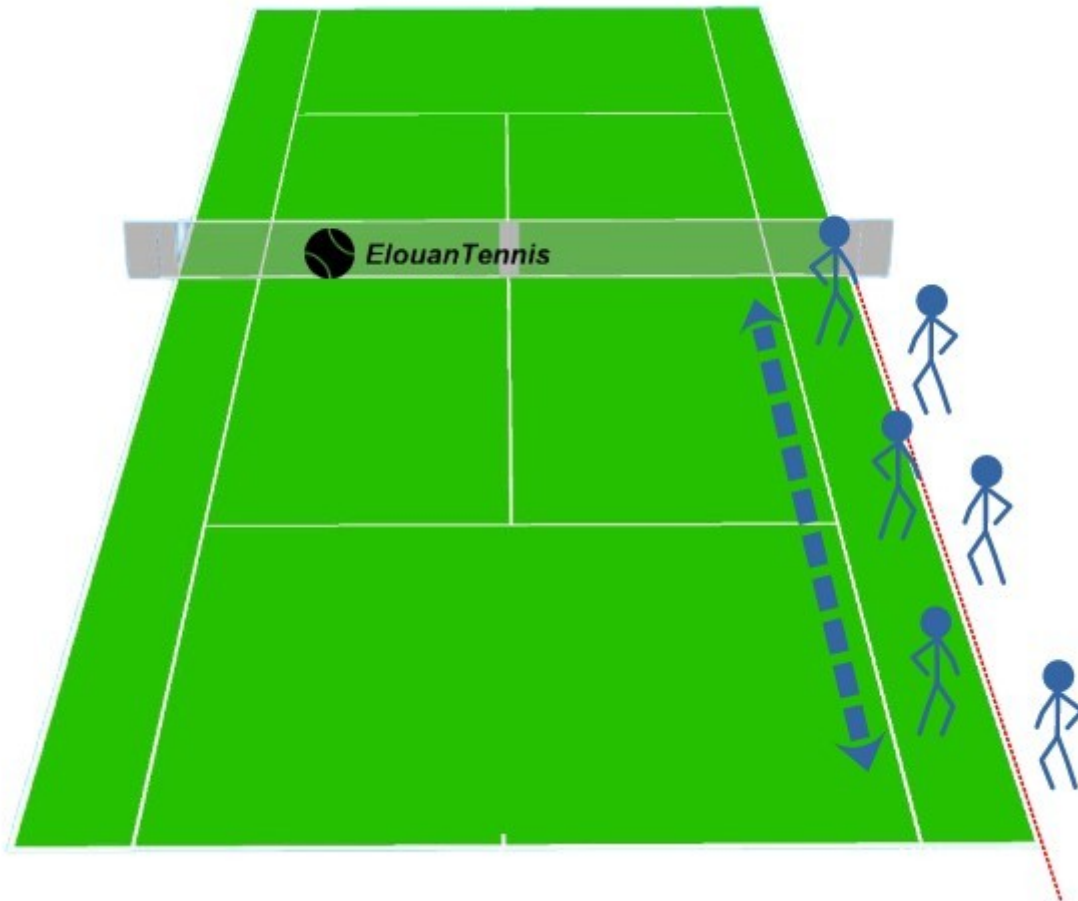


## Balance exercise

Catégorie(s) :	balance
Niveau :	Yellow ball – Intermediate, confirmed
Durée :	5 min
Matériels :	-



Hi

Here is a little balance-oriented exercise:

Along the lane line I hop on one side then the other side of the line to the net.  
On the way back I do the same thing by changing foot.

4 sets of 1 minute with 45 sc of rest between each set.



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



<https://elouan-tennis.com>