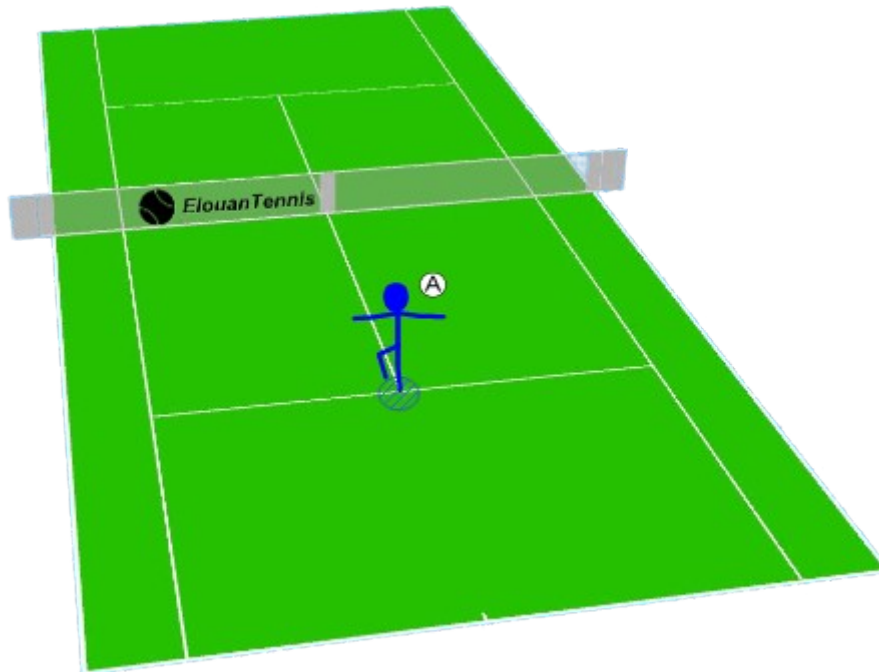


## Balancing on one foot

Category(s):	balancing
Level:	Yellow ball - beginner, Intermediate
Duration :	5 min
Materials:	-



Hi friends

Nothing could be simpler, in order to work on our balance we are going to do balance....

The exercise consists of balancing on 1 foot for 1 minute...

We alternate the feet, we repeat the exercise 4 times per foot



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



<https://elouan-tennis.com>