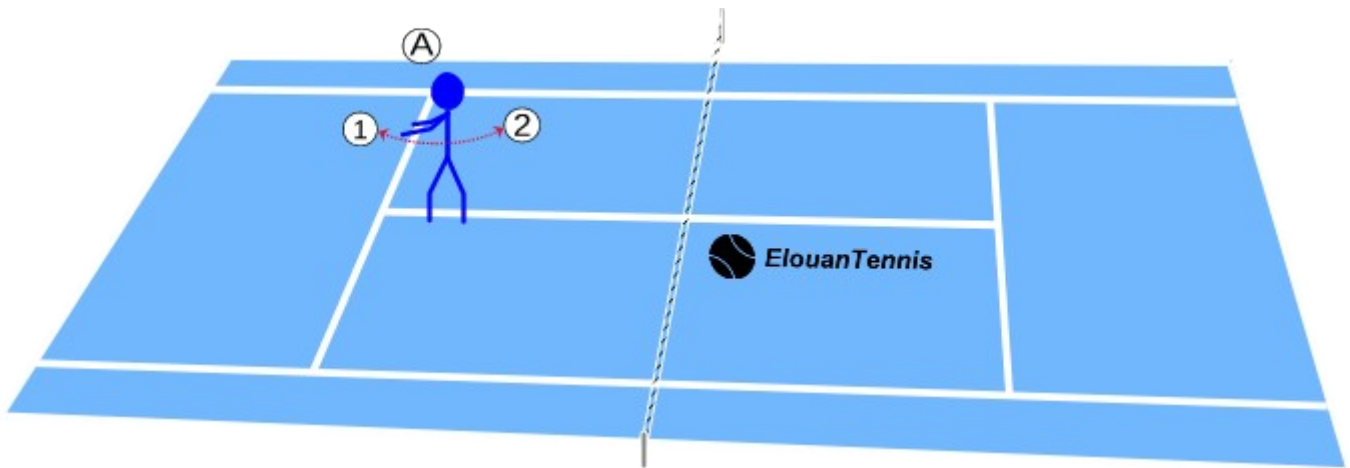


Dynamic stretching - Trunk mobilization

Category(s):	stretching, flexibility
Level:	Yellow ball - beginner, Intermediate
Duration :	05 min
Materials:	-



Hi !

Today I show you a very effective stretching exercise which is core mobilization. It is an exercise that places more emphasis on stretching the muscles of the back, shoulders and spine.

Execution of the exercise:

- Start by standing up, feet shoulder-width apart and extend your arms in front of you, parallel to the floor.
- Keep your back straight, chin slightly raised and abs engaged to support the core.
- As you inhale, slowly twist your torso to the right as far as possible, keeping your arms straight and parallel to the floor.
- Without forcing, you should feel a slight stretch in the muscles of your back, shoulders and waist.
- Hold this position for a few seconds while breathing deeply.
- As you exhale, slowly return to the starting position and repeat the rotating movement to the left.
- Alternate between sides for an equal number of repetitions.

NB: Make sure to keep a stable posture and your back straight.



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



<https://elouan-tennis.com>