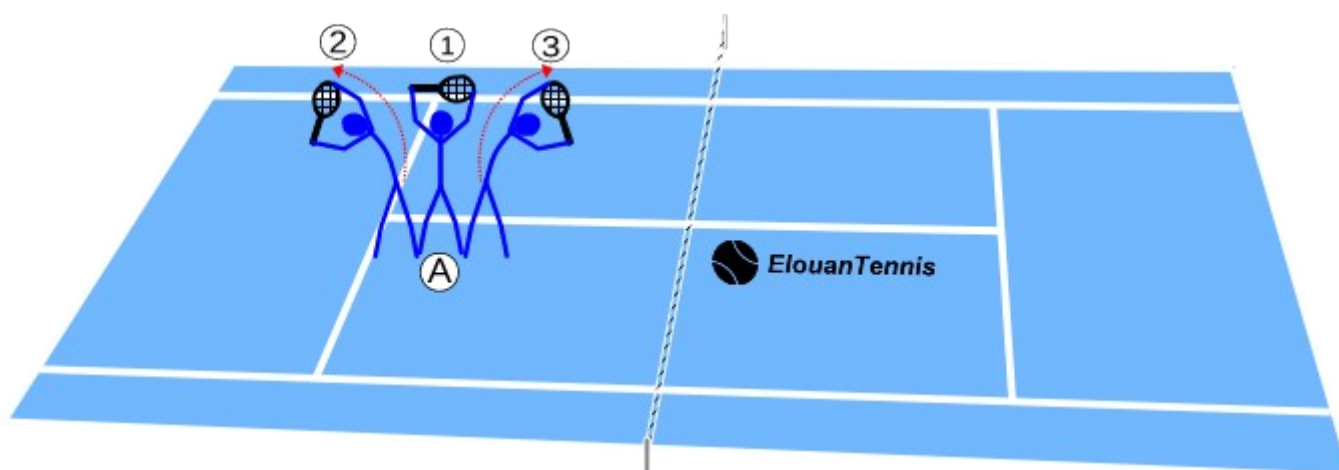


## Dynamic stretching - lateral tilt of the bust

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



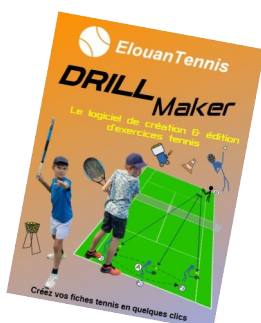
Hi !

Here is a stretching exercise used to stretch the lateral muscles of the trunk, including the oblique muscles and the intercostal muscles.

### Execution of the exercise:

- Stand up, feet shoulder-width apart, back straight.
- Hold a racket with one hand at the handle and another at the other end
- Raise your arms above your head.
- Keeping your hips stable and your feet firmly planted on the ground, slowly lean to your left side, by tilting your torso to the left to stretch the right side of the body.
- Hold this stretching position for a few seconds.
- Then, slowly return to the starting position by rowing.

Repeat the same movement on the other side, tilting your torso to the right to stretch the left side of the body.



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



<https://elouan-tennis.com>