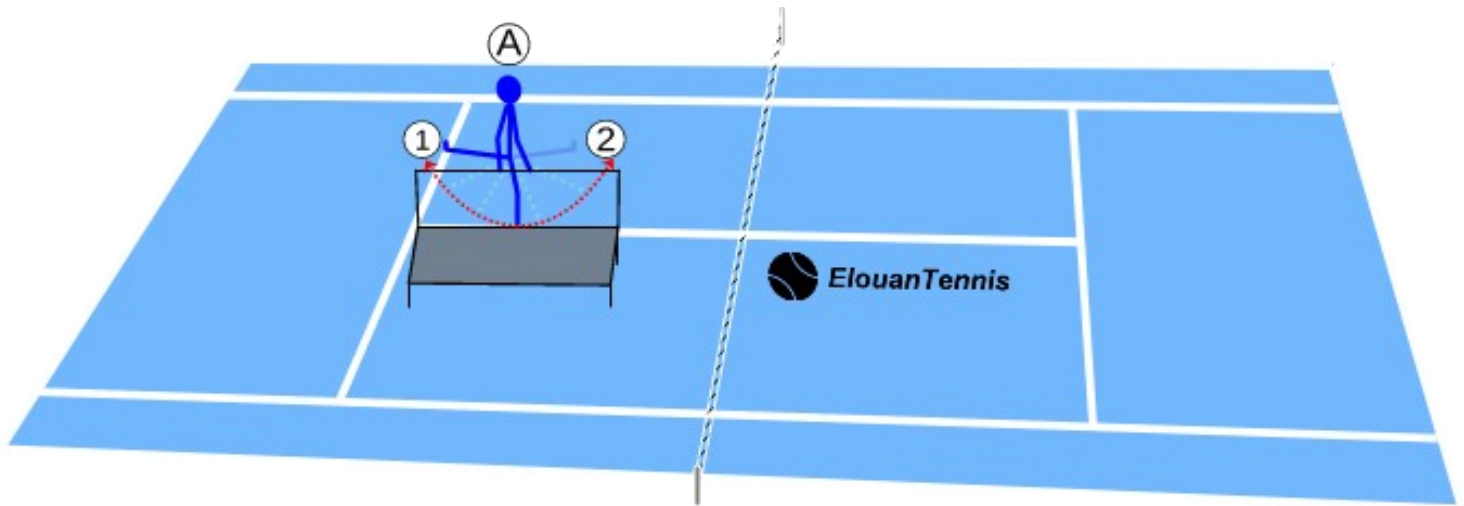


## Dynamic stretching - leg projection

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



Hi !

The "leg projection" stretching exercise is used to stretch and strengthen the hip muscles, particularly the hip flexors and thigh muscles.

### Execution of the exercise:

- Start by standing, placing your hands on a chair or bench for balance.
- Keep your back straight and your shoulders relaxed.
- Stand on one leg.
- Slowly raise the other leg to the left as high as possible without forcing.
- Once you have reached maximum height slowly return to the starting position by lowering your leg towards the floor and repeat the same movement to the right.
- Continue to swing your leg from left to right and change legs after a certain number
- You can also stand parallel to the chair and do the same exercises but this time, swinging your leg back and forth.

This hip stretching and strengthening exercise is beneficial for improving hip flexibility and mobility, strengthening the thigh muscles, and preventing hip and lower back related injuries.



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



<https://elouan-tennis.com>