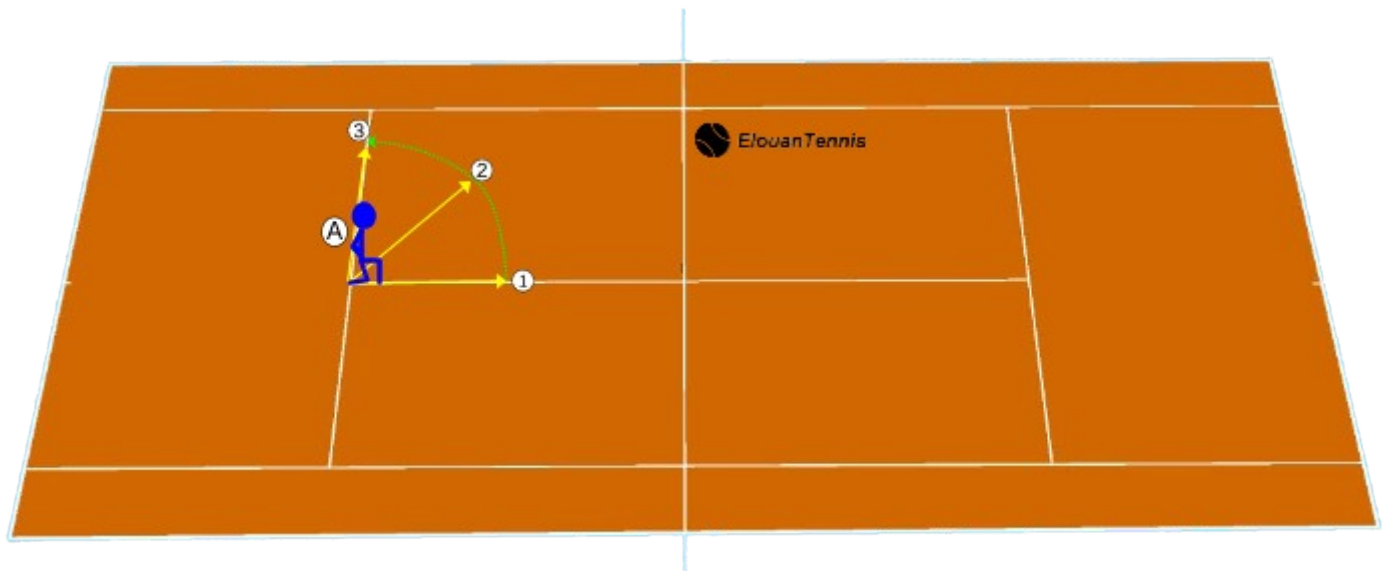


Front and side slits

Category(s):	Physical, muscle strengthening
Level:	Yellow ball - beginner, Intermediate
Duration :	05 min
Materials:	-



Hi !

Today I'm showing you the forward, 45 degree and side lunge exercises. These are muscle strengthening exercises that work the leg muscles, including the quadriceps, glutes and stabilizer muscles...

Execution of the exercise:

- Forward Lunges: Take a large step forward with one leg while bending both knees, then return to the starting position by pushing through the heel of your front foot.
- 45-degree lunges: Similar to forward lunges, but performed at a 45-degree angle to the side with the leg moving forward.
- Side lunges: Take a large step to the side with one leg while bending the knee of that leg, then return to the starting position by pushing through the heel of your foot to return to the starting position.

Repeat on the other side.



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



<https://elouan-tennis.com>