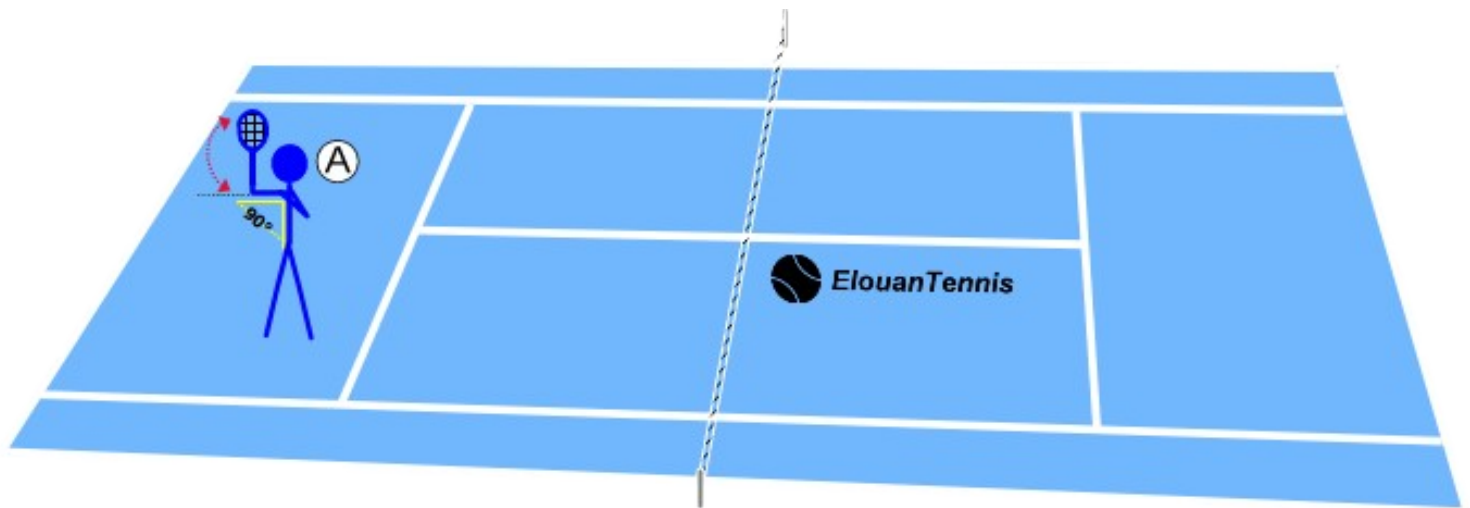


Shoulder warm-up without equipment for service

Category(s):	warm-up
Level:	Yellow ball - beginner, Intermediate
Duration :	10 min
Materials:	-



Hi !

As we all know, there are a lot of injuries in the service department. To avoid this problem, it is essential to warm up well. In this little exercise, I show you how to properly warm up your shoulder without equipment for serving.

Execution of the exercise:

- I hold my tennis racket in my dominant hand.
- I position my arm parallel to the ground
- I put my arm at a 90° angle.
- And there, I make a rotating movement up and down with my forearm, while keeping the 90° angle.

Repeat 20 to 30 times.

This exercise is very effective for oiling the shoulder, thus avoiding injuries while serving.



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



<https://elouan-tennis.com>