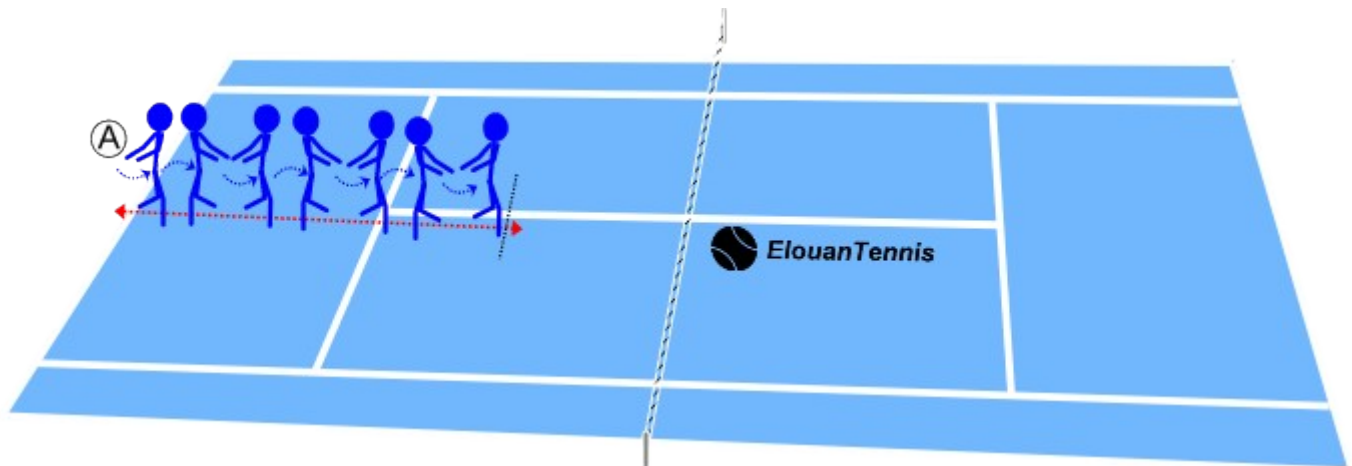


## Warm-up - cross-step running

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



Good morning !

Yes, the cross-step running warm-up exercise is commonly used before training sessions or matches that require high hip mobility and coordination.

### Execution of the exercise:

- Player A must stand with their feet shoulder-width apart.
- Player A moves sideways with a slow run, crossing one leg in front of the other diagonally, so that the crossed foot is positioned slightly in front of the other leg.
- Arriving at the end of the journey, he must make the same gestures on the way back.

During exercise, keep your core straight and your abs engaged to maintain body stability.



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



<https://elouan-tennis.com>