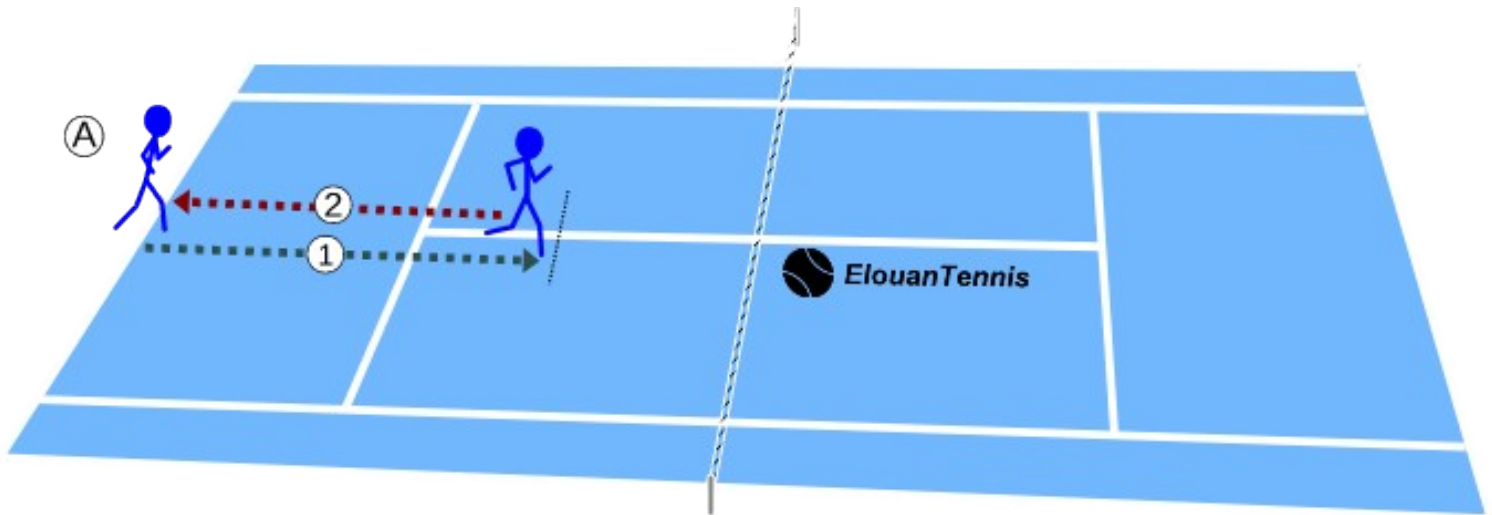


Warm-up - forward-backward running

Category(s):	warm-up
Level:	Yellow ball - beginner, Intermediate
Duration :	5 min
Materials:	-



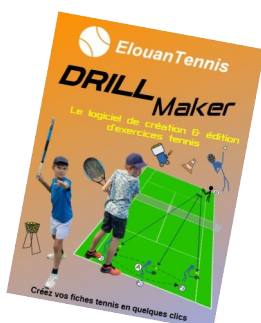
Hello everyone !

The forward-backward running warm-up exercise is often used to prepare the body for physical exertion. This exercise is effective in preparing the muscles, joints and cardio-respiratory system for the physical effort to come.

Execution of the exercise:

- Begin by getting into a starting position with your feet slightly apart, your trunk straight and your knees slightly bent.
- Start by jogging slowly forward for a set distance, taking even steps and pushing through the ground with each stride.
- Once you have reached the end of the planned distance, reverse the movement by running backwards the same distance.

TIPS: Make sure to maintain a stable posture and look ahead.



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



<https://elouan-tennis.com>