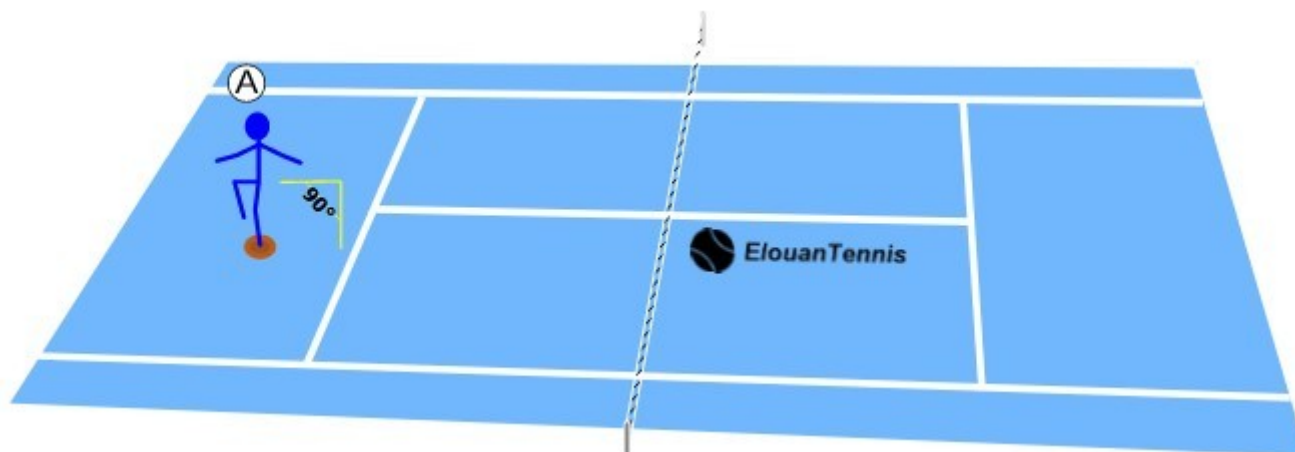


## Warm-up with equipment – proprioception exercise

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



Hi !

Here is a simple exercise, but not at all easy: proprioception. This exercise aims to improve body position awareness and balance by strengthening stabilizing muscles and developing neuromuscular coordination.

### Execution of the exercise:

- Player A must stand on a stable surface, such as a flat floor. But here, to reinforce the exercise, we chose to put an inflatable cushion on the ground.
- He lifts one foot off the ground to form a 90 degree angle with that leg and maintain balance on the other foot.
- He should hold this position for a few seconds to a minute, using the muscles of the ankle, foot, and legs to stabilize the body.
- Player A repeats the exercise, alternating feet.

This exercise can also be performed on a proprioception board, to further stimulate the stabilizing muscles and improve balance.

**NB:** It is important to start with appropriate difficulty levels and progress slowly as you go.



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



<https://elouan-tennis.com>