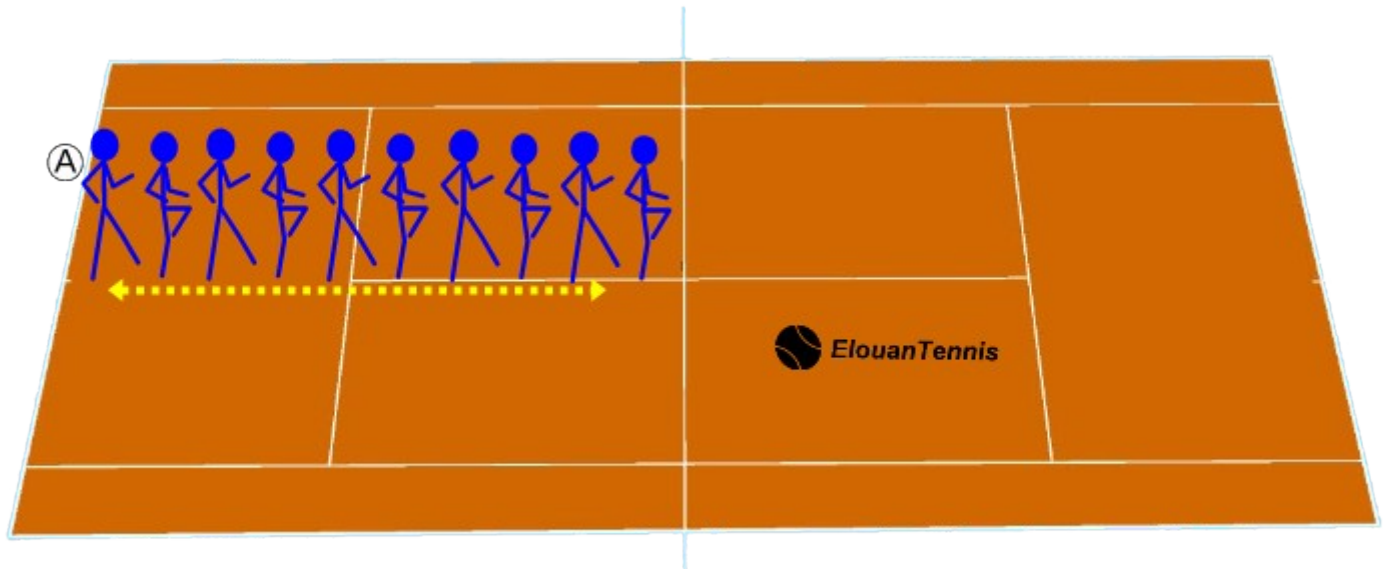


## Warm-up – Alternating kneeling and running with straight legs

Category(s):	warm-up
Level:	Yellow ball - beginner, Intermediate
Duration :	05 min
Materials:	-



Hi friends !

This exercise is a combination of "straight leg running" and knee raising. It's quite easy but you just have to keep a well-synchronized rhythm.

### Execution of the exercise:

- Start with a step forward and bend the knee of the rising leg toward your chest, bringing your knee to a 90-degree angle.
- Continue with a step forward, but this time, instead of bending your knees, keep your legs straight. And so on !
- Bend your ankles slightly to absorb shock and maintain stability.

**NB:** Push with your toes to propel yourself forward and try to keep a steady pace.



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



<https://elouan-tennis.com>