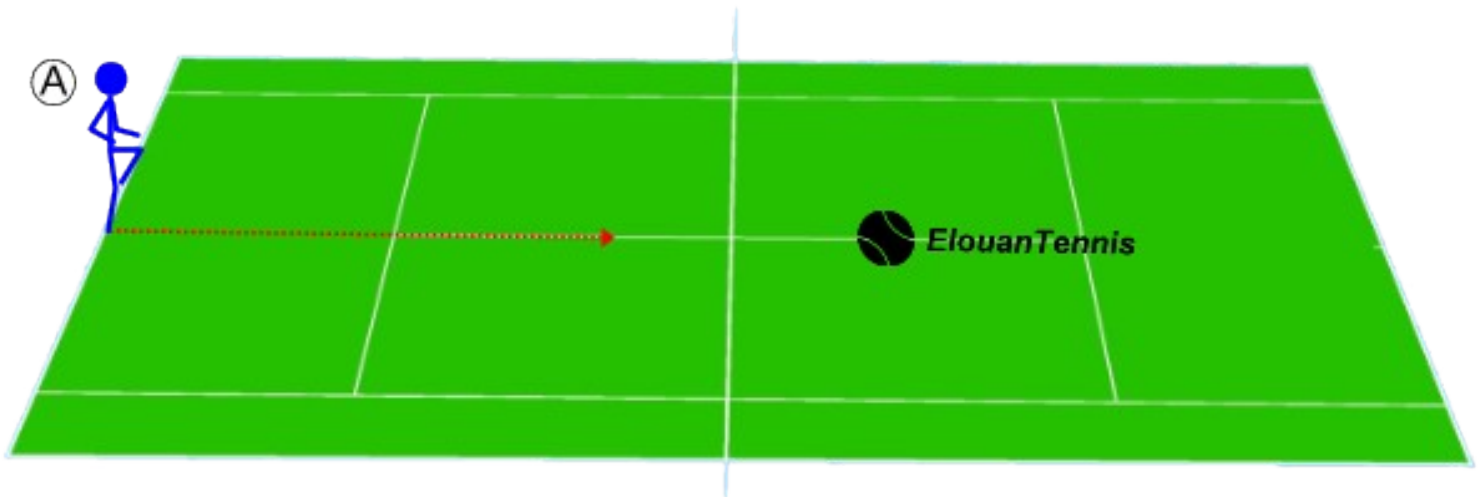


Warm-up – rise from knees

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



Good morning !

The knee raise exercise is simple and nice for warming up. It is also effective in improving hip flexibility and strengthening abdominal muscles.

Execution of the exercise:

- Start by standing with your feet shoulder-width apart, your arms slightly bent, and your trunk straight.
- Run and with every step, bend the knee of the leg coming up toward your chest, bringing your knee to a 90-degree angle.
- Alternate quickly between legs, raising the right knee then the left knee, while maintaining a steady rhythm.

TIPS: Swing your arms in sync with your legs to add momentum and fluidity to the movement.



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



<https://elouan-tennis.com>