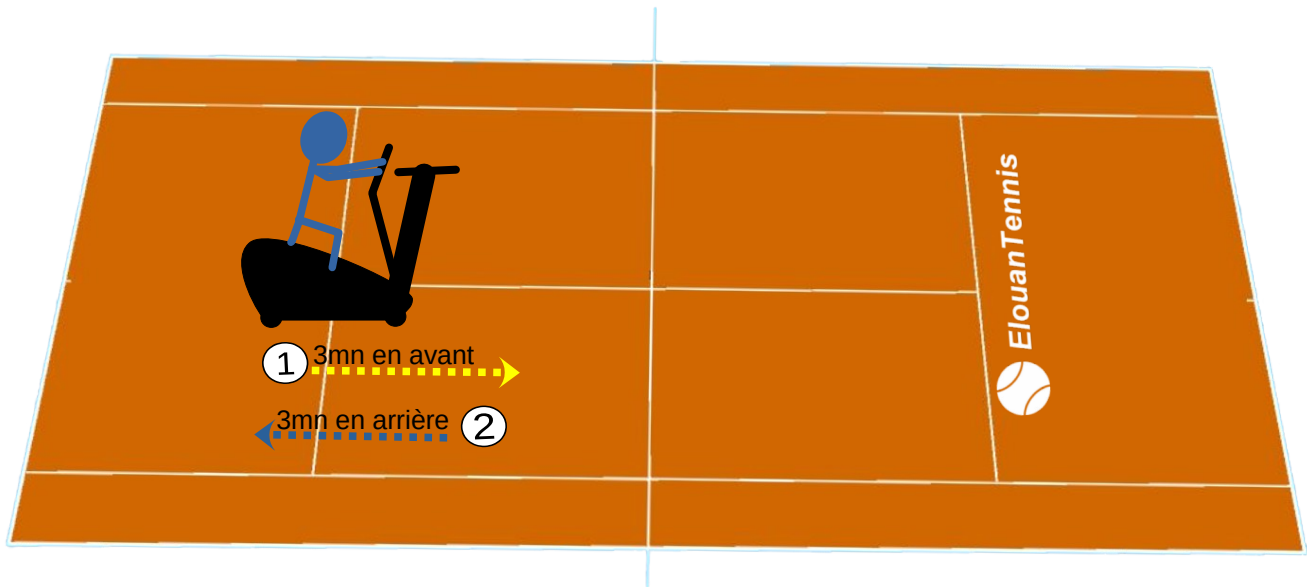


## 288 Warm-up – warming up with an elliptical trainer

|              |   |
|--------------|---|
| Category(s): | strengthening                                 |
| Level:       | Yellow ball – beginner, Intermediate, advance |
| Duration :   | 1mn   |
| Materials:   | elliptical trainer                            |



Hello!

For this warm-up, we use the elliptical trainer to wake up the body and activate the muscles. It's simple and effective!

You start by pedaling forward for 3 minutes, then you reverse and pedal backward for 3 minutes.

A little effort, and your body is ready for action on the court!



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



<https://elouan-tennis.com>