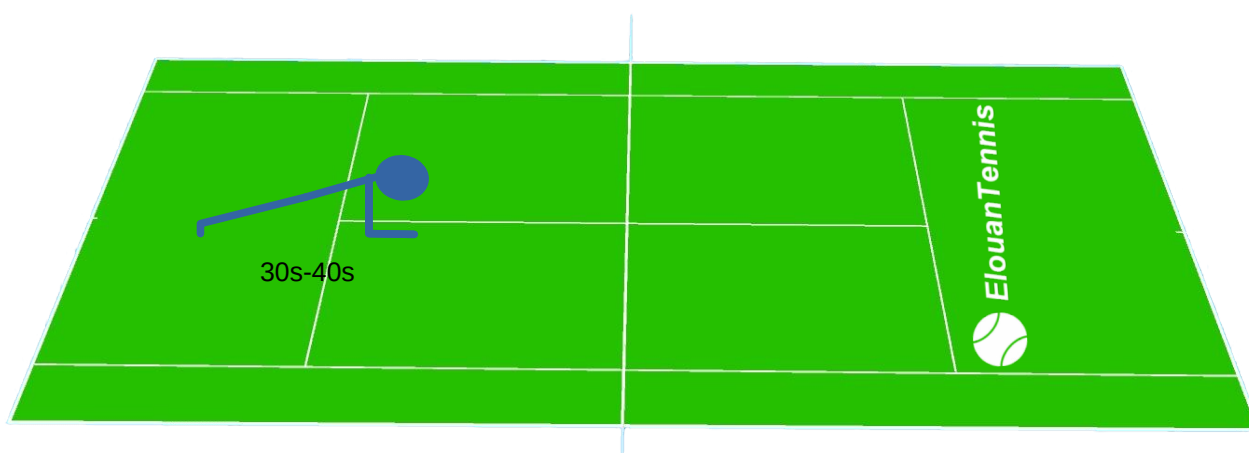


289 Physical exercise - static core strengthening

Category(s):	strengthening
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	1mn
Materials:	Abdominal wheel



Hi !

For this exercise, we will make static sheathing to strengthen abs and the abdominal belt. It's simple and super effective! You put yourself in the board position, the floor elbows aligned under the shoulders, the body straight like a board. The goal is to hold between 30 and 40 seconds without moving.

A little effort, and you will feel your muscles work thoroughly!



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



<https://elouan-tennis.com>