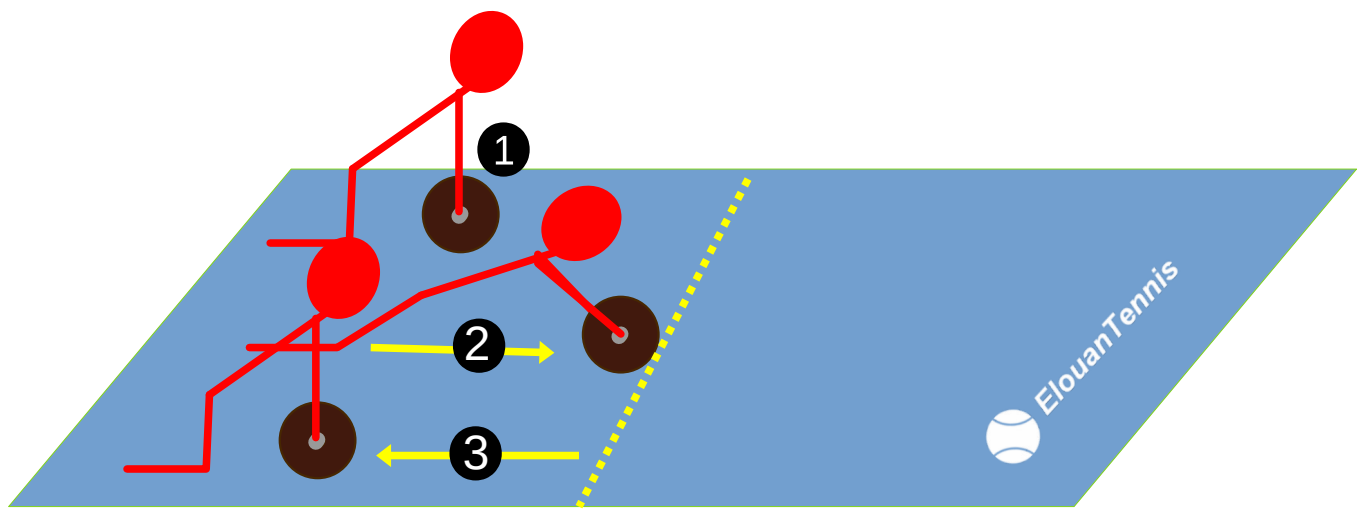


## 290 Physical exercise - core strengthening with an abdominal wheel

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



Hi !

For this exercise, we will use an abdominal wheel to work your abs in depth and strengthen all your sheathing. Place yourself on your knees with the wheel in front of you, hands well placed on it.

Then roll the wheel gently forward, keeping your back straight and your tight abs.

Go as far as you can while keeping control, then brings the wheel back to you without rushing.

**The benefits of this exercise:** it strengthens abs, improves the stability of the trunk, works the balance and even engages the shoulders and arms. It's a great way to gain strength and control. And yes, it burns a little, but it's worth it!



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



<https://elouan-tennis.com>