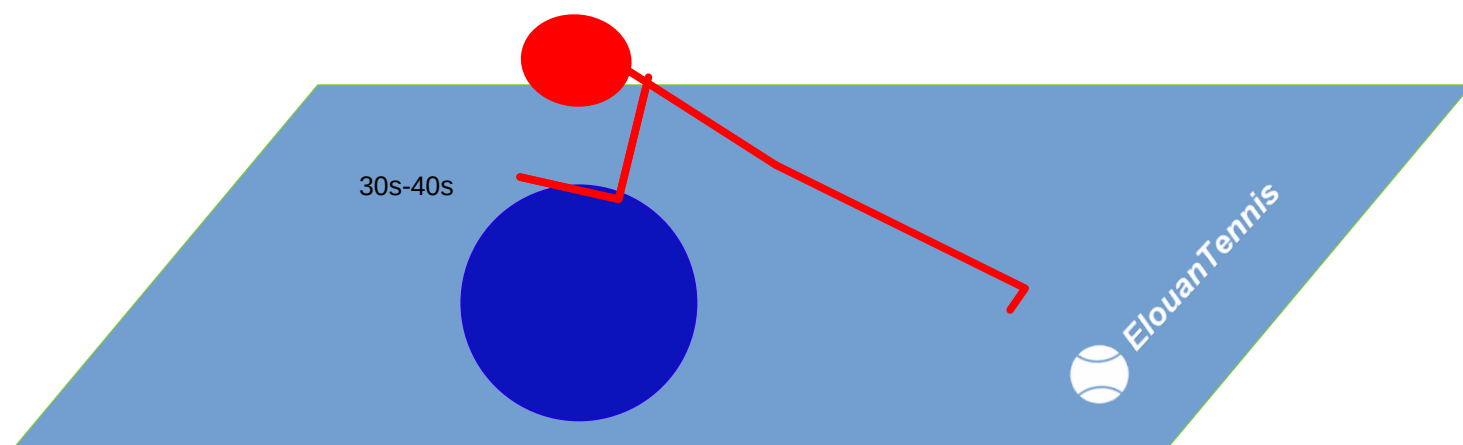


## 293 Physical exercise - plank with a gym ball

Category(s):	Plank
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	1mn
Materials:	Gym ball



Hi!

Today, we're going to make your core workout with a gym ball a little more challenging for an even more fun and effective exercise. Get ready to work on your abs and balance like never before!

Get into a plank position, with your forearms resting on a gym ball, well aligned under your shoulders. Your body should be tense and straight, like a real board. Once you're in place, ask another person to kick the ball a few times to try to destabilize you.

The goal? Don't move and keep control, even if the ball does everything to make you wobble. Try to hold for 30 to 40 seconds.

Be careful, your abs will have to fight to maintain balance lol 😄



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



<https://elouan-tennis.com>