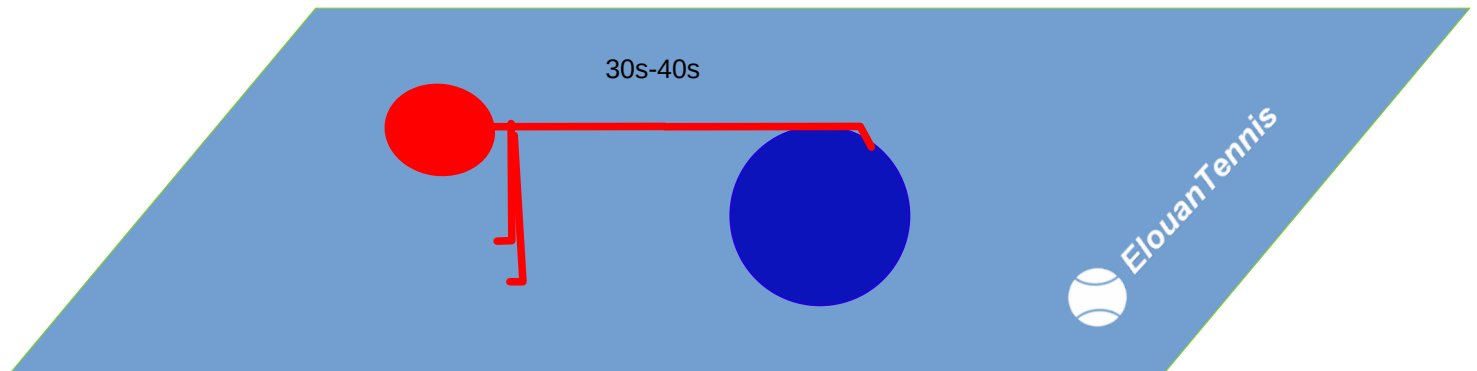


294 Physical exercise - plank with a gym ball under your feet

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



Hello!

Today, we're going to work on core strength with a gym ball, but this time, it's under your feet that everything will be played.

Get into a classic plank position with your hands firmly planted on the ground, lined up under your shoulders. Place your feet on a gym ball, so that your body is perfectly aligned, from the shoulders to the heels.

The goal is to maintain this position for as long as possible, while preventing the ball from riding in all directions.

And to make it even more fun or hellish lol 😄, ask another person to give slight blows to the ball to destabilize you a little.



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



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