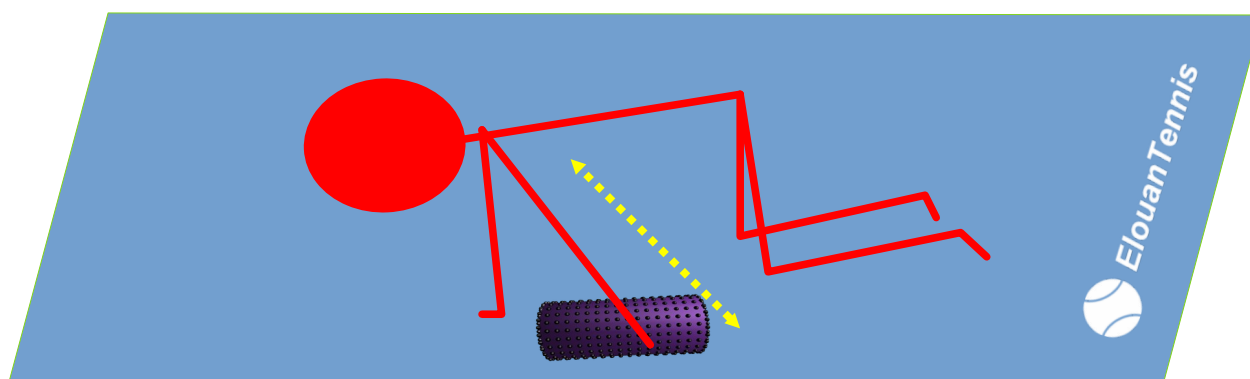


296 Physical exercise - Stretch and work with the back and shoulders with a roller

Category(s):	Warm-up
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	5-10mn
Materials:	abdominal wheel



Hi !

Today, we will use a massage roller or a simple roll to stretch the back and shoulders while keeping the rest of the body stable. This exercise precisely targets the tense areas while working gently.

Put on your knees on the ground (on all fours), with the roll placed horizontally under your chest.

Lays one hand on the roller, palm facing backwards. Slowly cross your arm under your chest by rolling the roller on the opposite side. Keep your back and your shoulder as motionless as possible. The objective is to focus the movement on the arm and maintain the stability of the rest of the body. Once in stretching position, breathe deeply and hold this posture for 10 to 15 seconds. Then come back slowly to the initial position, then repeats the exercise on the other side.

This precise stretch is perfect for relaxing the shoulders and the upper back.



Elouan Tennis Drill Maker (ETDM)
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