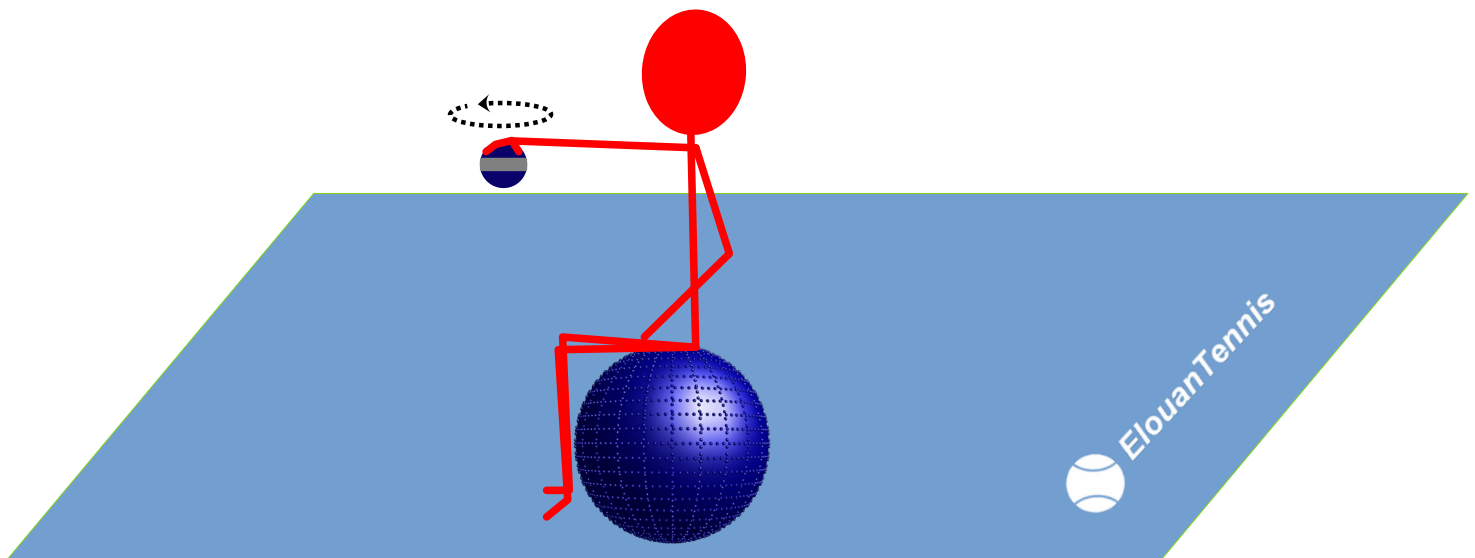


303 Physical exercise - Work on wrists and forearms using a gyro ball

Category(s):	Physics
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	30-40s
Materials:	Floor mat, gym ball, ball



Hi !

Today, we are going to work on the wrists and forearms with a simple exercise, but not easy using a gyro ball.

We start sitting on a chair or a gym ball, his back straight, the feet flat on the ground. We tend an arm in front of you, slightly below the height of the shoulder, with the gyro ball in your hand, palm oriented towards the ground.

If the Gyro Ball is not yet activated, it is launched in circular motion with a little wrist. Once it turns, the ball is maintained by moving by making controlled rotations only with the wrist, keeping the rest of the immobile arm.

After finishing with one hand, we change side to balance the work.



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



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