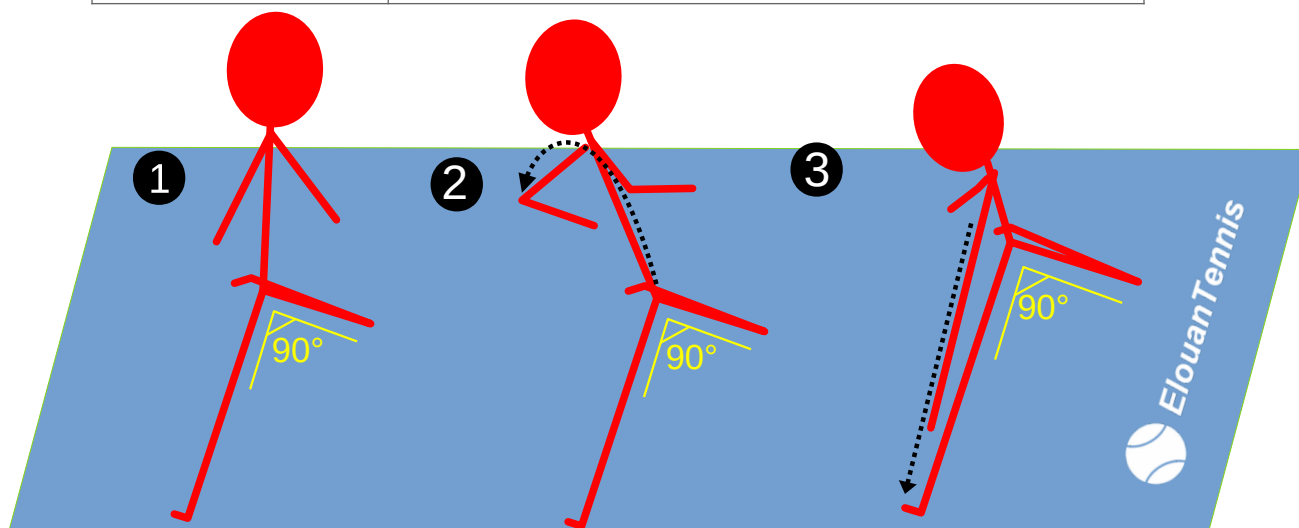


304 Physical exercise - Stretch and work adductors and calves

Category(s):	Physics
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	1 - 3 min
Materials:	



Hi !

Today, we are going to work on flexibility and release tensions in adductors and calves with a stretching exercise, at least ... not easy lol.

We start on the ground, in a sitting position. We form a 90 ° angle with the legs: one leg is folded backwards with the knee on the ground, and the other is tense in front of us.

The back remains straight, and we engage the abs to stabilize the posture.

First, we lean gently backwards, leaning slightly on the hands or forearms, depending on our flexibility. This position is maintained for 20 seconds, feeling stretching in the adductor and the folded leg thigh.

We breathe deeply to release tensions.

Then, we come back to the center, then switch forward in the direction of the tense leg. We hold out the opposite arm with the leg in front to try to catch the foot or ankle, while keeping the back as straight as possible. If you can't reach your foot, no problem: we go as far as our flexibility allows. This position is maintained for 20 seconds to stretch the calf and the back of the thigh.

We repeat this stretch on each side to balance the work.



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



<https://elouan-tennis.com>