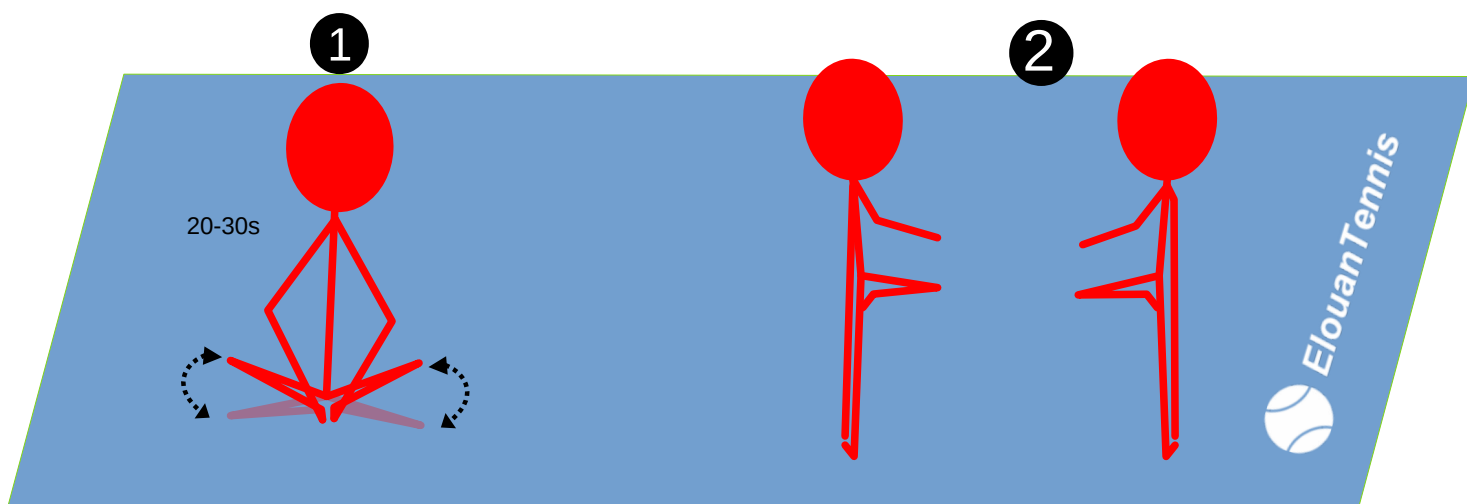


305 Physical exercise - Work flexibility and mobility of the legs with an exercise inspired by the butterfly

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



Hi !

Today, we are going to work on the flexibility and mobility of your legs with an exercise inspired by the butterfly.

Sit comfortably on the floor, straight back, and catch your feet with your hands. Bring them as close as possible to you, so that your knees open onto the sides, forming a "butterfly wing" position. Once in place, start to move the knees gently downwards, as if you were making wings beat. Continue this movement for 20 to 30 seconds, keeping a calm and regular breathing.

Afterwards, slowly extend the right leg in front of you and grab the point of your right foot with your right hand. Hold this position for a few seconds to feel stretching in the back of your leg. Then brings the leg back and repeats the same movement with the left leg and the left hand.

This is an excellent exercise to soften your adductors, your hamstrings and improve your mobility. And don't forget: if your legs refuse to cooperate, be patient ... even the butterflies take their time to deploy their wings lol 🤔 🦋



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



<https://elouan-tennis.com>