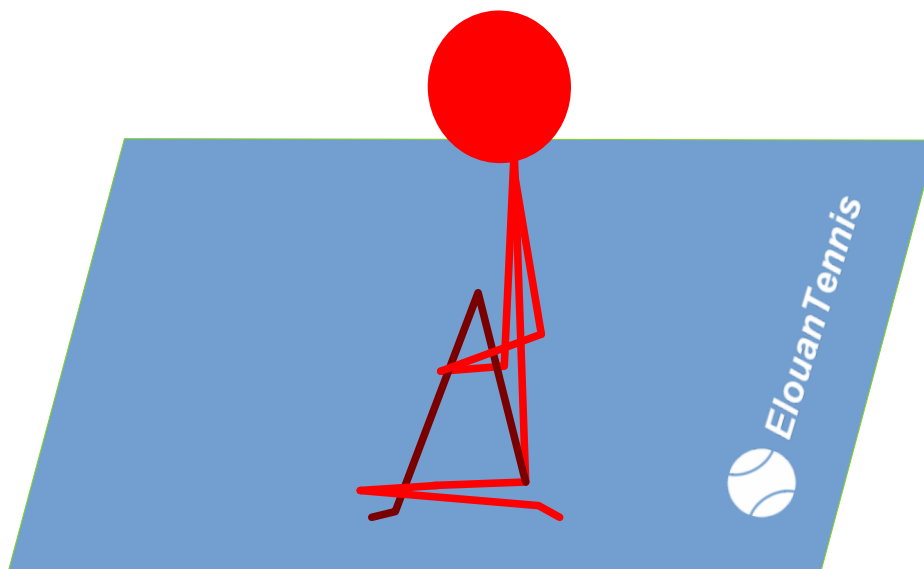


306 Physical exercise - Work flexibility with the human knot

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



Hi !

Today, we are going to work on your flexibility with an exercise that will stretch your hips, your legs and your back.

Sit on your gym carpet with your legs slightly folded in front of you, close to your chest. Pass your left hand under your left leg to catch your right leg, then do-gently pass under your left leg. Then wrap your arms around your left leg as if you wanted to make him a big hug, while keeping your back straight and your relaxed shoulders. Keep this position for 30 to 40 seconds while breathing deeply.

Then releases slowly, change side and redo the exercise by passing your right hand under your right leg to catch the left and slide it below. Enlarge your right leg and maintain the position.

This is a good exercise to improve the mobility of your hips and relax your back.



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



<https://elouan-tennis.com>