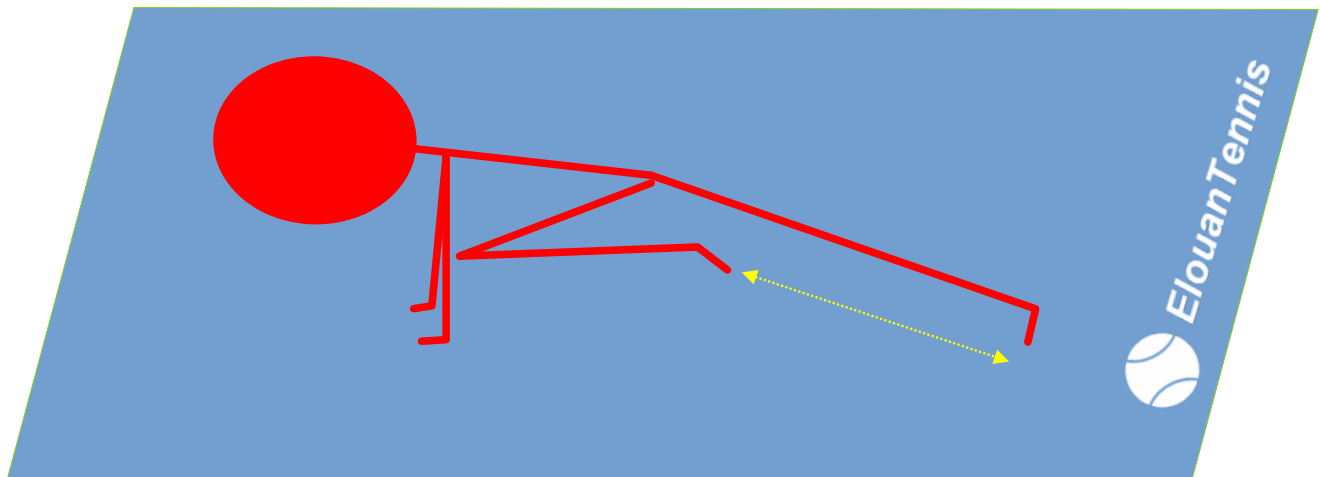


## 307 Physical exercise - Work mobility and sheathing

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



Hi !

Today, we will heat the abs and the legs with a dynamic exercise that will boost mobility and sheathing.

Put yourself in the pump position, your hands well aligned under the shoulders and the body straight, from the heels to the head. Once stable, bring back your right knee to your right elbow while keeping your back straight and without lifting the hips. Then rest your leg and do the same with the left knee to the left elbow. Alternates these movements for about 3 minutes.

This exercise is good for strengthening your abs, your obliques and improving the flexibility of your hips.



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



<https://elouan-tennis.com>