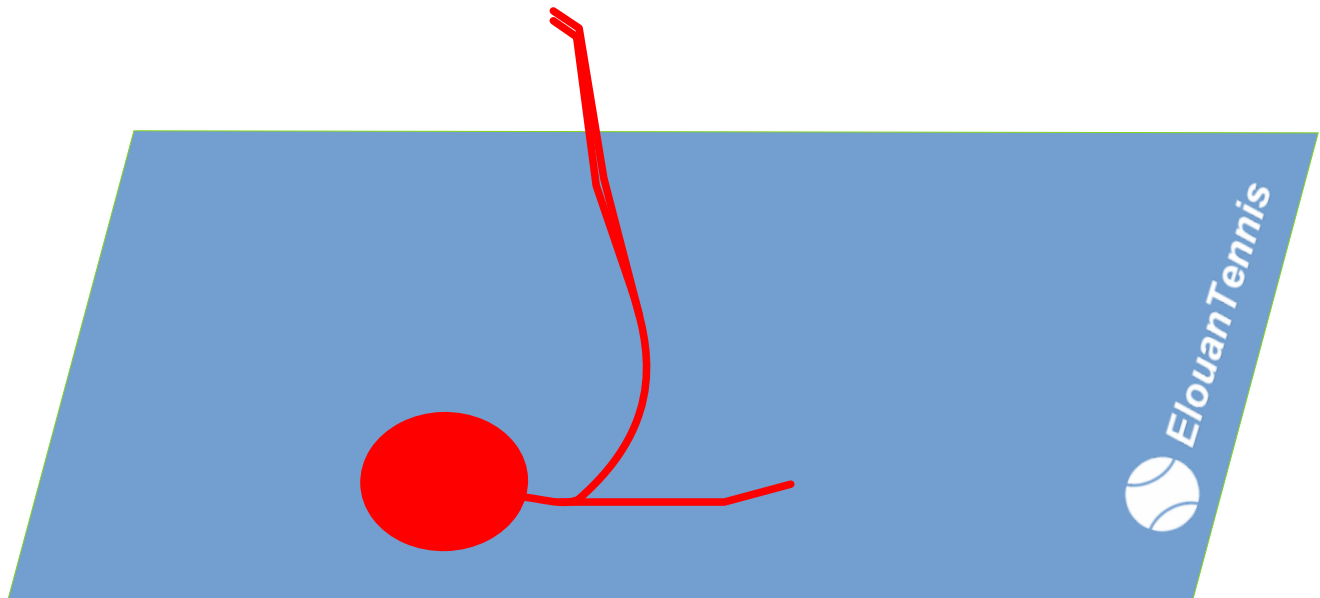


308 Physical exercise - Work abs and improve balance

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



Hi !

Today, we are going to work your abs in depth with an exercise that will also improve your balance and your stability.

Lie on your back, slightly folded legs, and lift them, stretching your feet up. Keep only your shoulder blades in contact with the floor and slightly take off the lower back.

Take your abs well to maintain the position. If you find it too difficult to hold, you can place your hands under the bottom of your back for a little more support.

Once in position, hold it for 20 to 30 seconds.

And if you struggle a little at first, no problem ... Over time, you will stand as straight as a stake lol



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



<https://elouan-tennis.com>