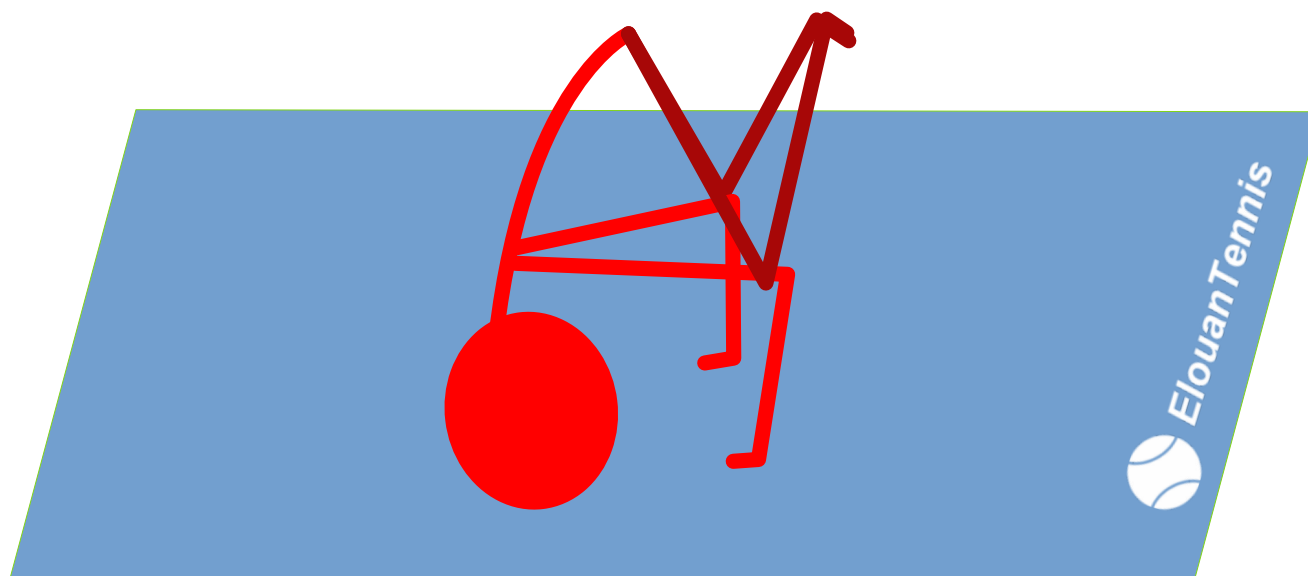


309 Physical exercise - The exercise of roasted chicken

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



Hi !

Today, we will try the exercise of roast chicken, a real balance and strength test.

Put on all fours on your carpet, then gently place the top of your head on the ground, naturally looking towards your knees. Then bring your knees closer to your elbows and put them on it so that your body is suspended.

Your arms must be very solid and folded to support your weight, while your abs remain well committed to hold your balance and avoid switching.

Try to hold this position for 20 to 30 seconds. Which is not that easy 😊

This exercise allows you to strengthen your arms, your trunk and improve your balance.



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



<https://elouan-tennis.com>