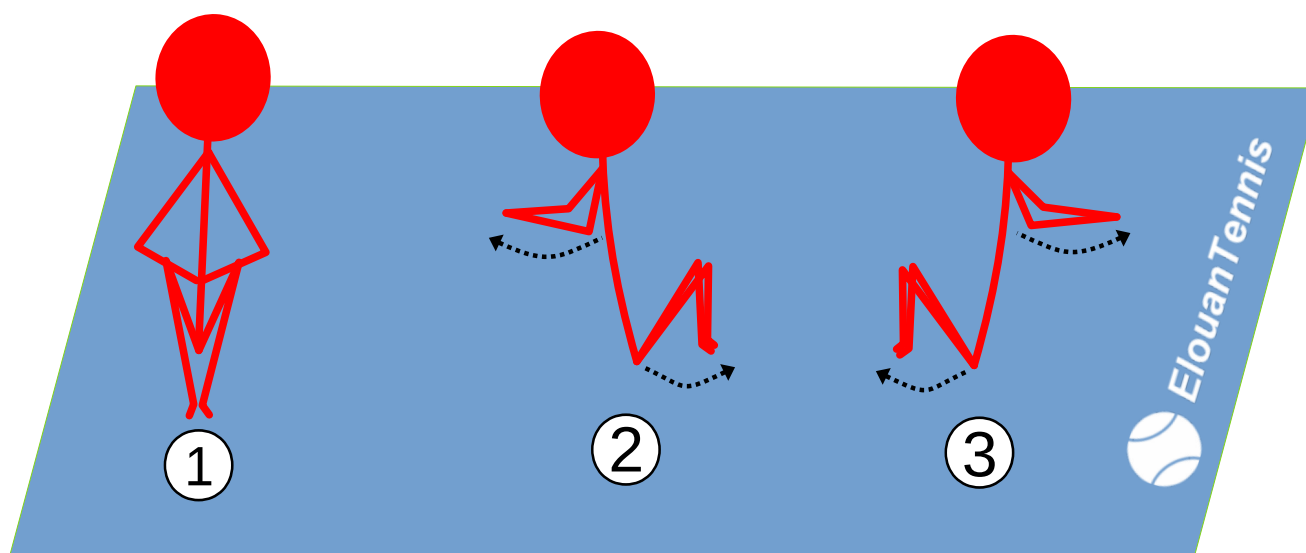


310 Physical exercise – strengthen the oblique abdominals with active sheathing

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



Hi !

Today, we're going to put your abs and your balance to the test with an active sheathing exercise that will heat the abdominal belt.

Sit on your gym carpet, the legs slightly folded in front of you and the body slightly leaning back.

Gently lift your feet from the ground to find your balance on the glutes. Now hold your hands together in front of you.

While keeping your arms together, move them to the left while your legs go in opposite direction, to the right. Without taking a break, continues directly by sending the arms to the right and legs to the left. Continue to alternate these movements in rhythm, by controlling each twist to engage your abs as possible.

Try to maintain this movement for 30 seconds.

This exercise makes it possible to strengthen oblique abs, improve coordination and your balance.



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



<https://elouan-tennis.com>