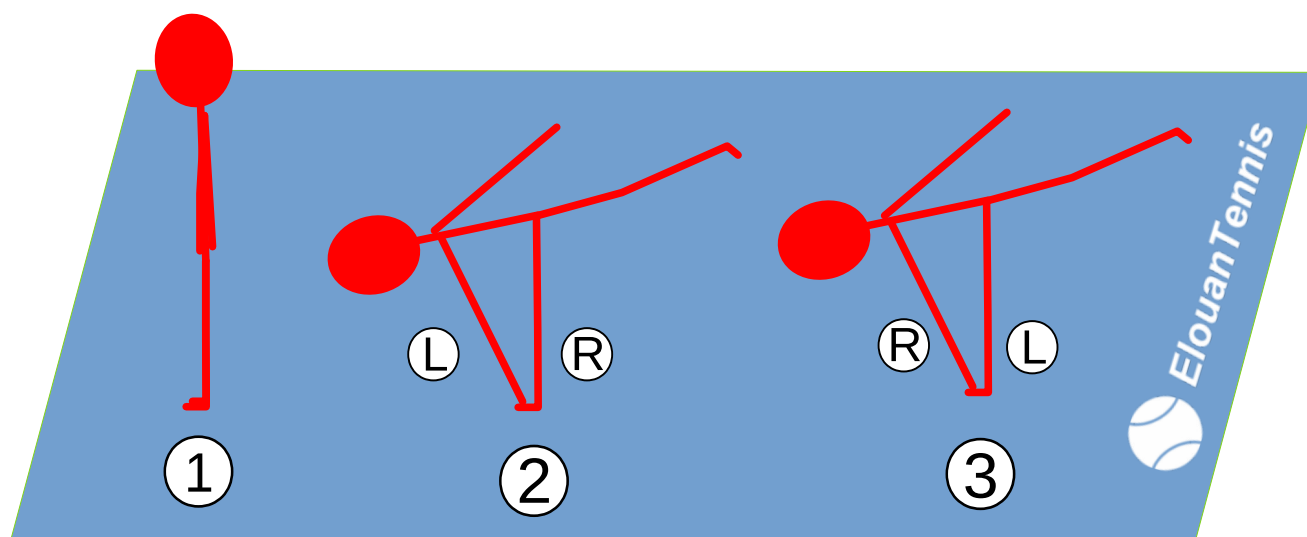


311 Physical exercise - Work both stretching and balance

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



Hi !

Today, we are going to work both stretching and balance.

Put yourself standing, feet apart by a few centimeters and the arms relaxed along the body. Now inspire deeply and look slowly forward trying to touch your right foot with your left hand. During this movement, keep the right leg well stretched and lifts the left leg and the right arm backwards, as high and straight as possible. Try to form a beautiful line between your head, your back and your leg raised.

Once down, keep the position for 3 to 5 seconds, then goes up slowly. Afterwards, change side: right hand to the left foot and right leg stretched backwards.

Repeat the exercise 8 to 10 times on each side.

This exercise improves the flexibility of the hamstrings, strengthens your balance and works coordination.



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



<https://elouan-tennis.com>