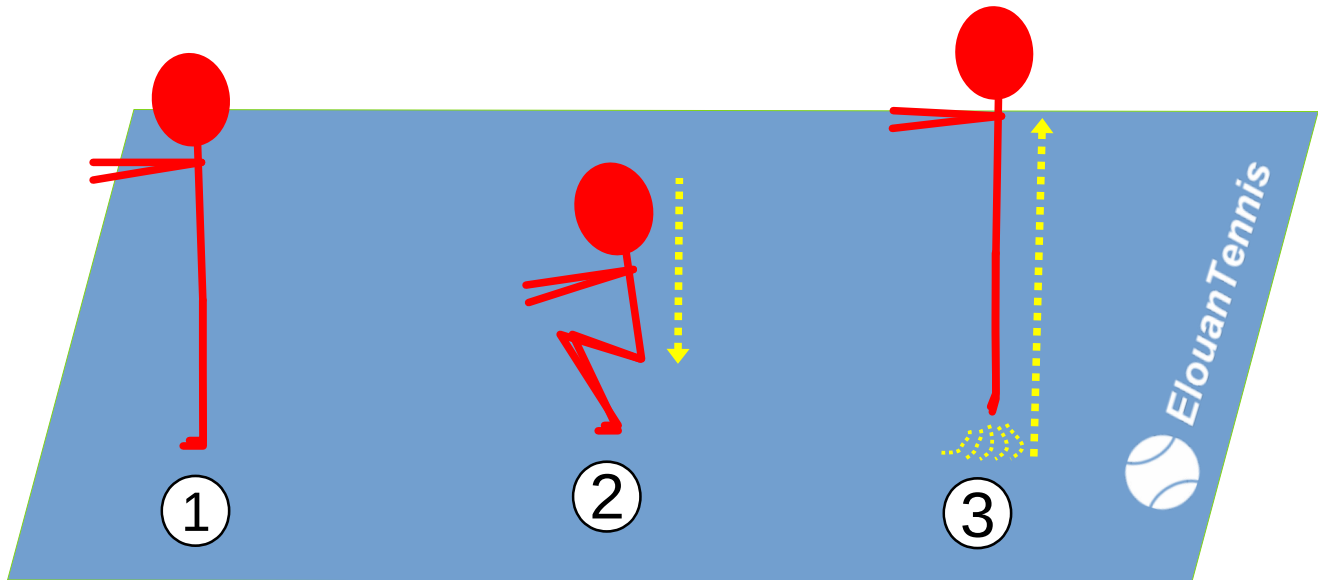


312 Physical exercise - squat with a little jump

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



Hi !

Today, we're going to put your legs and your balance to the test with a squat exercise that will wake up your thighs and calves.

Put yourself standing, feet apart at the width of the hips, and stretch your arms straight in front of you to keep your balance. Inspire deeply, then descend slowly by squat by pushing the hips backwards and keeping the back straight. Go down until your thighs are parallel to the ground, or a little lower if you can.

Once down, marks a short stop, then goes up slowly. But instead of stopping at the top position standing, push on tiptoe by contracting the calves and the ankles, as if you wanted to take off from the ground for a little jump ...

Repeat this movement for 10 to 15 repetitions.

This exercise strengthens quadriceps, calves and improves the stability of the ankles.



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



<https://elouan-tennis.com>