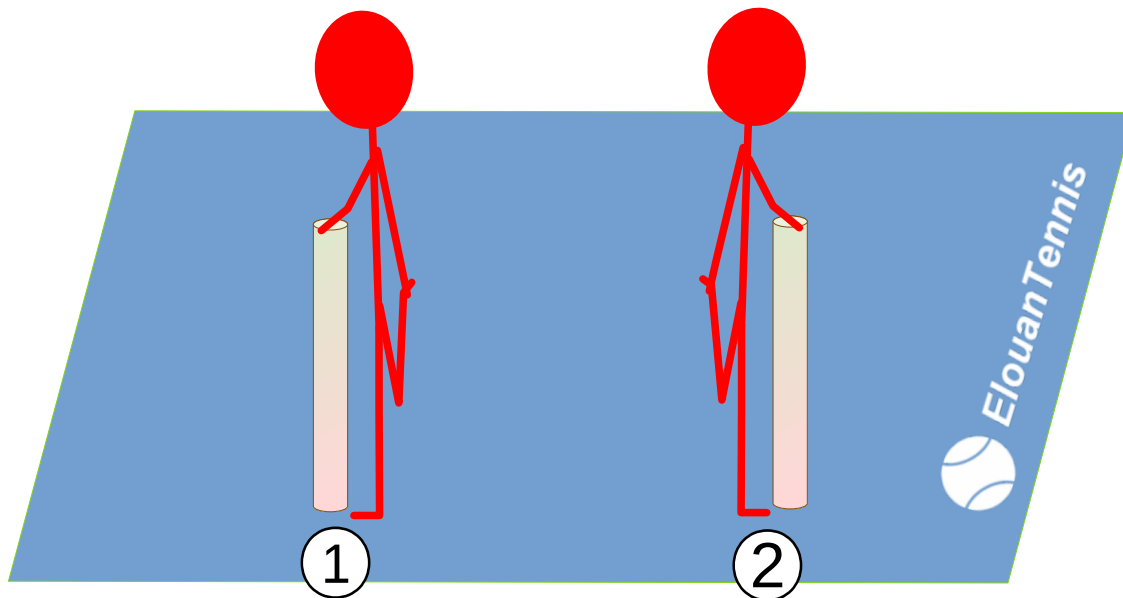


313 Physical exercise - Stretch the thighs effectively

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



Hi!

Today, we are going to gently stretch your thighs with a simple but effective exercise.

Stand next to a pole or any stable support. With your right hand, firmly grasp the pole to keep your balance. Then, bend your left leg by bringing your heel towards your buttocks and grab your foot with your left hand.

Keep your back straight, slightly tighten your abs and gently push your pelvis forward to accentuate the stretch in the front of your thigh. Breathe deeply and hold the position for 20 to 40 seconds.

Once finished, slowly release and switch sides: hold the pole with your left hand and bring your right leg with your right hand.

This exercise makes it possible to relax the quadriceps after an intense session and improve your flexibility.



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



<https://elouan-tennis.com>