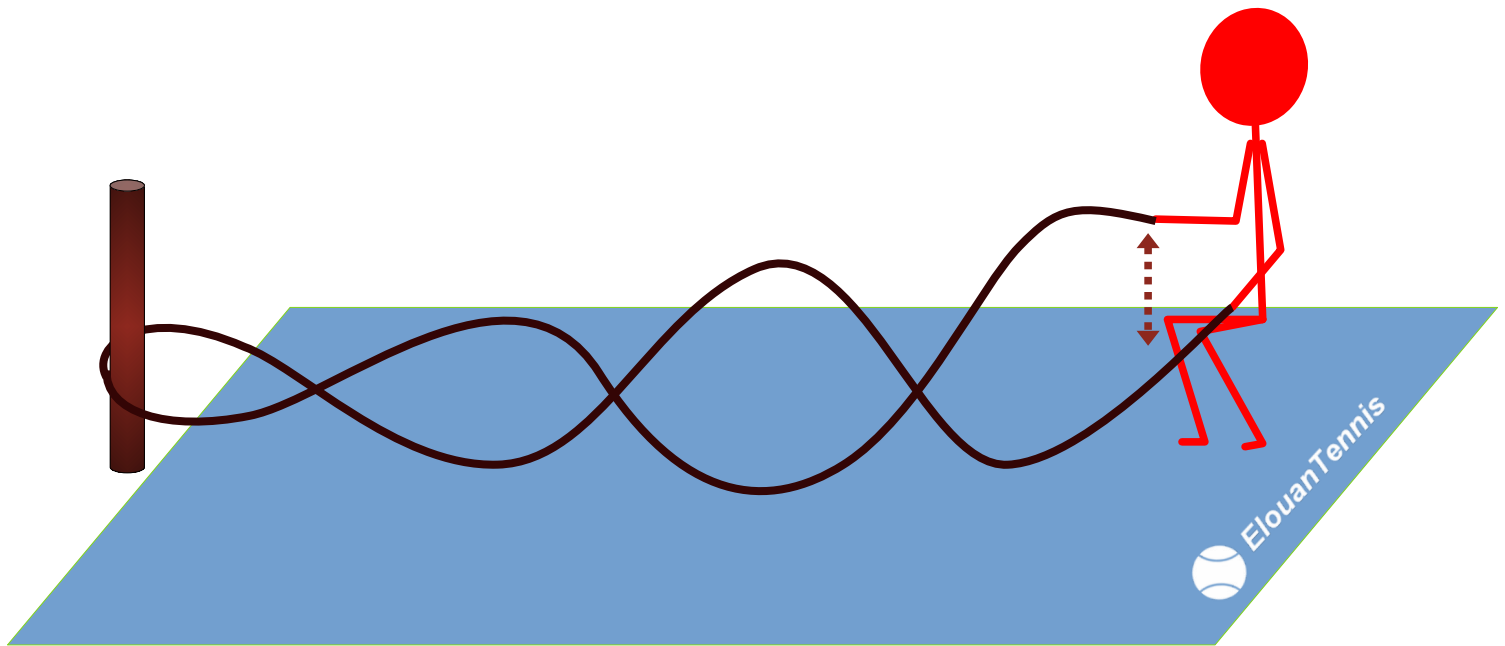


## 316 Physical exercise - The alternating waves with a heavy rope

Category(s):	Physics
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	10 min
Materials:	rope



Hi !

Today, we're going to work with an exercise with a thick rope: alternating waves.

Take a heavy rope well fixed on a post or other very solid support and hold one end in each hand. Place yourself standing, your feet apart at the width of the shoulders, your knees slightly bent and your back straight.

Start your abs and set a point in front of you to keep your balance.

The goal of the game is simple (apparently 😊): alternates the movements of your arms from top to bottom to create a series of regular waves in the rope. Keep a quick and regular rhythm, making sure to slightly fold the elbows.

Try to hold the exercise for 20 to 30 seconds without stopping, recovers, then repeats for 3 to 4 series.

This exercise allows you to strengthen the arms, shoulders and upper body while boosting your endurance. Be sure, it's not easy 😊



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



<https://elouan-tennis.com>