



INSTRUCTIONS

WALL SIT TOE TAPS

CATEGORIES: Endurance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/wall-sit-toe-taps>

Abs

Ankles

Core

Hamstrings

Lower Body

STEPS:



· With your low back pushed up against the wall and knees at a 90 degree angle.

· Alternate tapping toes to the front and side.

Alternate taps for a total of 20 reps.