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# INSTRUCTIONS

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## TRICEP DIP TOE TAP

**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/tricep-dip-toe-tap/>

Abs

Arms

Core

Full Body

Jumps and Leaps

Knee Strength

Lower Body

Shoulders

Upper Body



### STEPS:

- In a seated position, push your hips to the ceiling until you're in a reverse table top.
- Bend at your elbows, return to straighten and reach one hand to the opposite foot.

Alternate for a total of 10-12 reps.