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INSTRUCTIONS

WALL SIT TOE TAPS

CATEGORIES: Endurance, Strength, Warm Up

LEVEL: Intermediate

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

Abs

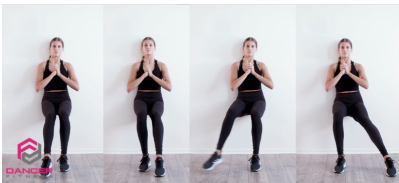
Ankles

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.