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INSTRUCTIONS

WALL SIT KNEE TAP

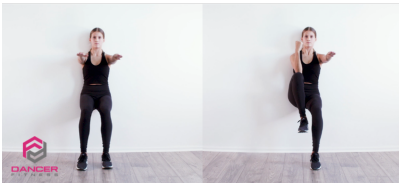
CATEGORIES: Endurance, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/wall-sit-knee-tap/>



STEPS:



- With your low back pushed up against the wall and knees at a 90 degree angle, extend your arms straight out in front of your shoulders.
- Lift one foot off of the floor and drive your knee to meet your elbow on the same side.

Perform 10-12 reps before switching sides.

[+] Drive your knee to the opposite elbow