

gdfgdg



# INSTRUCTIONS

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## THIGH TAP

**CATEGORIES:** Endurance, Strength, Warm Up

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/thigh-tap/>

Abs

Arms

Full Body

Shoulders

Turns

Upper Body



### STEPS:

- In a high plank, tap your palm to the same side thigh.
- Alternate sides for 20 reps total.