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# INSTRUCTIONS

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## DEADLIFT FLOOR TAP

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

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

Core

Glutes

Hamstrings

Hip Flexors

Lower Body

Quadriceps

Turns



### STEPS:

- Start standing with your feet together.
- Lift one foot a couple inches off the floor and place behind you.
- Reach the opposite hand forward until it touches the floor, creating a slight bend in your stationary leg.
- Return to standing with your leg still off the floor and repeat 12 times before switching sides.
- Keep your core tight and back flat