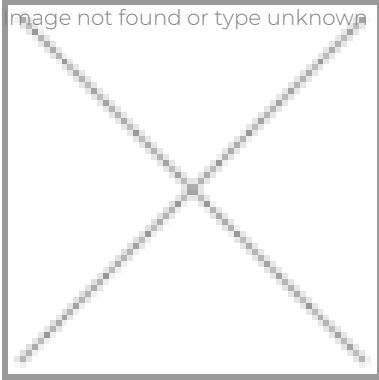


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# INSTRUCTIONS

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## HEEL TAP CORE WARM UP

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/heel-tap-core-warm-up/>

Abs

Core

Hip Flexors

Kicks

Turns



### STEPS:

- Start lying on your back.
- Bring your knees in towards your chest creating a 90 degree angle in your knees and hips.
- Slowly extend one leg out, holding the 90 degree angle until your heel touches the floor.
- Bring it back to meet the other leg.
- Alternate sides.

Repeat 20 times total.

(+) Extend the leg straight and let it hover above the floor 1 inch.