Toe Tap - Group: Toe Tap

Tags

Type of exercise: Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Abdominis, Leg, Butt
Muscle Secundary: Back
Difficulty: Easy
Other: 1 Sling, Shoulder height, Dynamic

Description

With fixed arms in front of the chest, high-knee steps are started on the spot. The knees in the final position should be pulled up above the hip height.

Advice

Pay attention to good body tension throughout the exercise. Landing and imprint does not take place all over the foot, but exclusively in the front area.