

Toe Tap - Group: Toe Tap



Tags

Type of exercise: Partial body exercise

Number of persons: One

Muscle Primary: Abdominis, Leg, Butt

Muscle Secondary: Back

Difficulty: Difficulty level 1

Other: 1 Sling, Shoulder height

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.