

**Toe Tap**

Toe Tap	2
Toe Tap - arms up	3

## 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

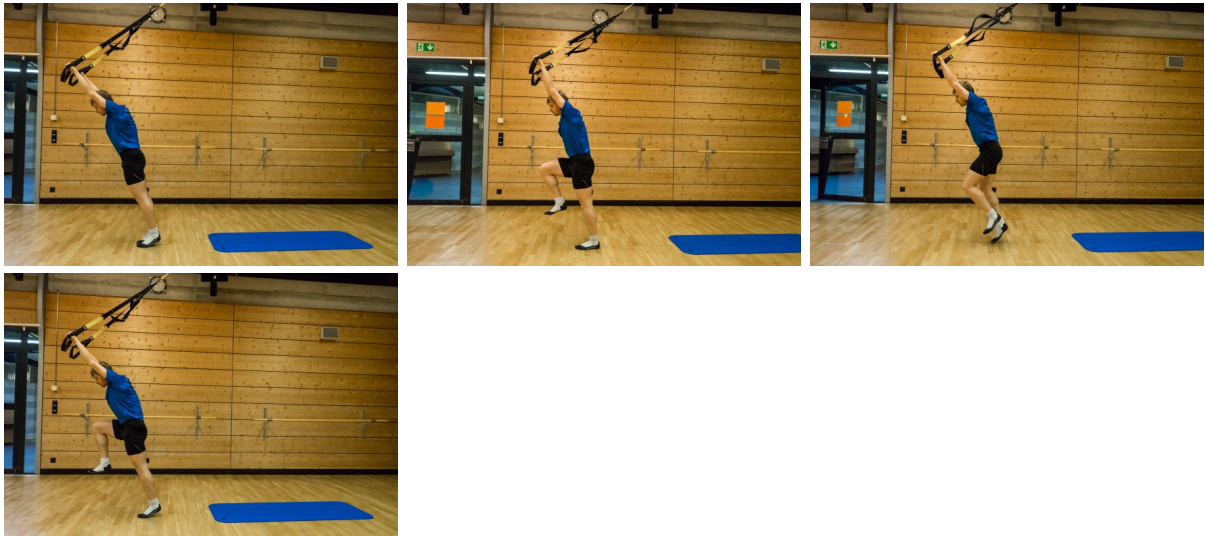
### Description

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.

## Toe Tap - arms up - Group: Toe Tap



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

**Muscle Primary:** Abdominis, Leg, Butt, Back

**Muscle Secondary:** Back

**Difficulty:** Difficulty level 2

**Other:** 1 Sling, Shoulder height

### Description

With his arms raised, high-knee steps are started on the spot. The knees in the final position should be pulled up above the hip height. Throughout the exercise, the arms remain under tension.

### 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.