

## Toe Tap - Group: Toe Tap



### Tags

**Type of exercise:** Partial body exercise, Strength exercise

**Number of persons:** One

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

**Muscle Secondary:** 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.