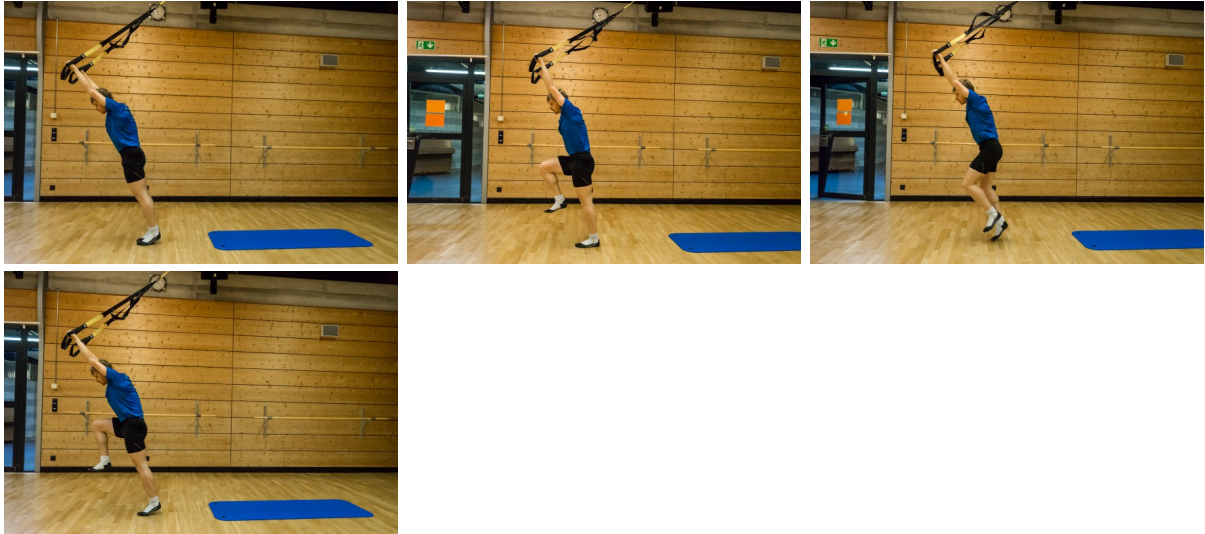


Toe Tap - arms up - Group: Toe Tap



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Abdominis, Leg, Butt, Back

Muscle Secondary: Back

Difficulty: Medium

Other: 1 Sling, Shoulder height, Dynamic

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.