



# INSTRUCTIONS

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## WALL SIT TOE TAPS

**CATEGORIES:** Endurance, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/wall-sit-toe-taps>

Abs

Ankles

Core

Hamstrings

Lower Body

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### STEPS:



· With your low back pushed up against the wall and knees at a 90 degree angle.

· Alternate tapping toes to the front and side.

Alternate taps for a total of 20 reps.