Title: Toe Taps

Primary Muscle Groups: Glutes &amp; Hip Flexors, Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Calves

Summary: <ul>

<li>Begin with the edge of your left foot on a stepper or short platform. Your right foot will be flat on the ground underneath your hips.</li>

<li>Push off the ground with your right foot and switch legs in mid-air.</li>

<li>You will land with the edge of your right foot on the platform and your left foot on the ground.</li>

<li>Continue this movement, alternating feet and tapping the edge, without stopping.</li>

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