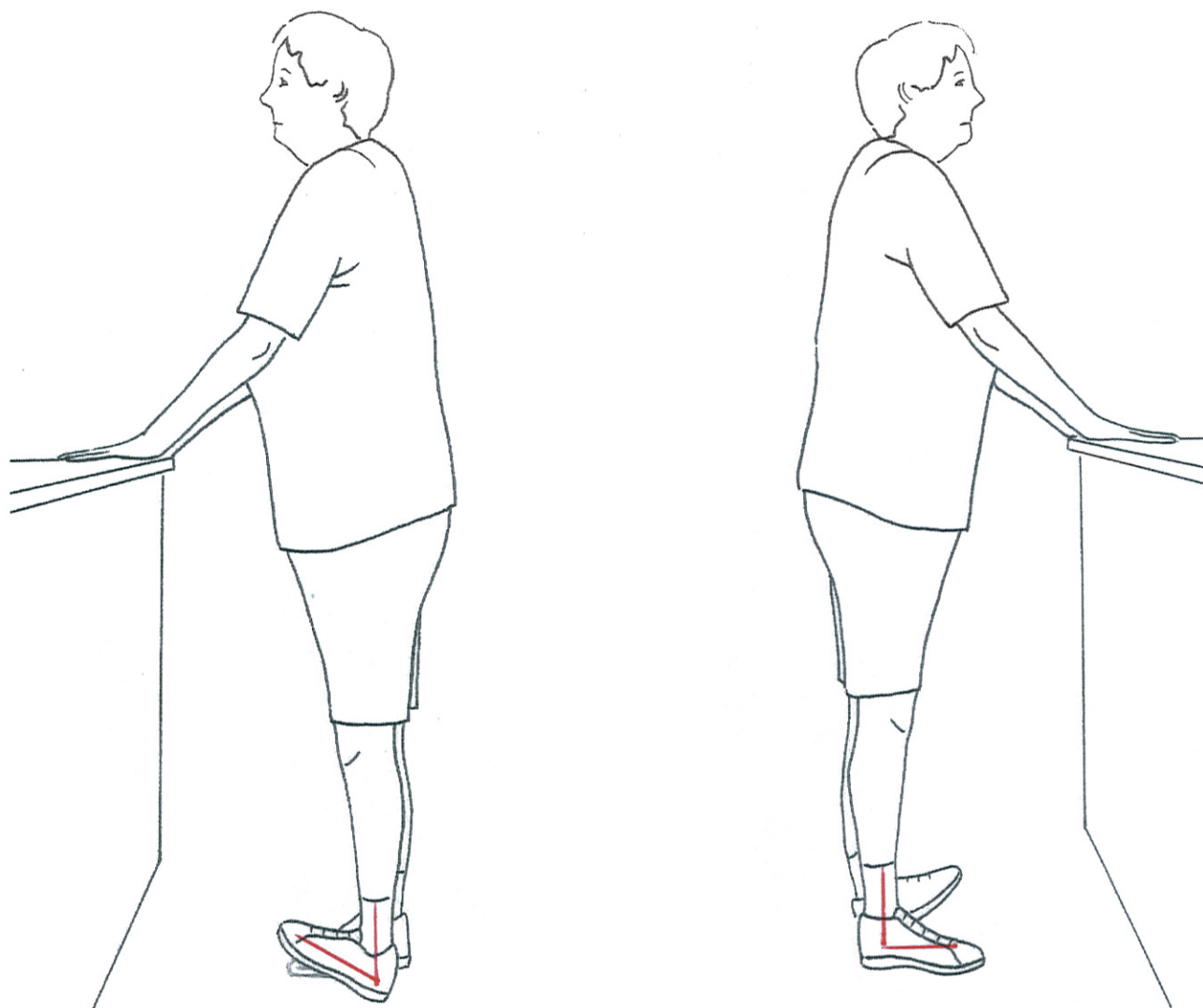


Toe Taps at the Counter



Instructions: Stand facing a table or counter top. Hold on for support. Alternate lifting your forefoot, as if tapping your toes to the beat of music. Heels stay on the floor, and back stays straight. Do not look at your feet. Do not bend your hips or knees. Make the ankles do the work. Alternate Left and Right. Count the number of taps completed before shin muscle fatigue.

*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin