

Alternating Leg Taps (Abs)



1. Lie flat on your back, with both your legs fully extended.
2. Lift your upper body **slightly** off the ground.
3. Keep your **arms straight at your sides**. Then reach down your leg on one side by sliding your palm down the side of your leg. Switch and reach down the other side.
4. Alternate reaching from side to side.

Repeat for ___ repetitions and ___ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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