

# Exercise of the Month



## Heel Tap with Alternating Overhead Press

**Purpose:** The purpose of this movement is to not only exercise our body, but also our mind. This is a great exercise for improving hand and foot coordination while engaging the shoulders during the overhead press motion.

**Target Muscles:** The primary muscles worked in this move, other than the brain are the deltoids, triceps, traps, and upper pectorals during the overhead press. The heel tap will work the hamstrings and hip flexors.

**Equipment Needed:** Dumbbells are optional for this exercise.

### Start/Movement:

- Start standing in a comfortable position with feet shoulder width apart. If you are using weights, rack them at the shoulders now
- Tap the heel of your foot out in front of you
- As you tap your heel, push your opposite hand straight up overhead. Alternate each side with your heel tapping forward and the opposite arm pushing toward the sky
- For an added challenge, switch it up. On your next heel tap, overhead press up with the arm on the same side of the body as your outstretched leg, then alternate



[Click here](#) to view video demonstration of this exercise.