

Hot Steps



How to do it:

- ✓ Use a box or step to work on.
- ✓ Tap the step with the bottom of your right foot, then tap with the bottom of your left foot.
- ✓ Repeat this and keep going until the time is up.
- ✓ How many can you complete in 30 seconds?
- ✓ Alternatively, you can use a household item to tap instead of a step.