

L2 Ex 3. Standing calf raise on flat ground



Aim

Strengthen the calf muscles (lower leg).

Instructions

- Start by standing with your feet shoulder distance apart with both feet flat on the ground.
- Stand near a chair or table with your hands resting lightly.
- Rise up onto the balls of your feet, lifting both heels off the floor as far as is comfortable for you.
- Slowly lower your heels to the floor.

Repetitions

Repeat 20 times in a smooth up and down motion, without stopping or holding in any position (3 x per week).

Tip

Keep your hips and back straight. Do not bend over.