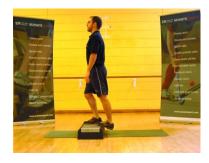
Heel Raises

Stand on the edge of a step, lift up onto your toes and then drop your heels down over the edge of the step, below parallel. This strengthens and stretches the calves. Perform the movement with a slight bend at the knee joint and stand tall, core engaged, slight bend at the knee joint.

Level One – one foot at a time.





Level Two – both feet at the same time



