

---

## 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

