

Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=436>

1 Leg Bent Knee Calf Raise

Exercise Purpose:

To strengthen the Achilles and the smaller of the 2 calf (soleus) muscles



Key Points:

- Stand tall and place your fingertips on the wall
- Bend both your knees and then lift 1 leg off the ground
- Slowly push up through the ball of your foot and lift your heel off the ground
- Maintain the bent knee position at approximately 30 degrees throughout
- Keep the movement fluent throughout
- Make sure the insides of your feet stay parallel with each other
- Breathe out as you raise up and breathe in as you come back down again