

2 up, 1 Down Calf Raise

Exercise Purpose:

To strengthen the Achilles and the calf muscles



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=380>

Key Points:

- Stand tall and place your fingertips on the wall
- Keep both your knees straight
- Slowly push up through the balls of your feet and lift your heels off the ground
- At the top of the movement transfer your weight to one leg and take one leg off the ground and SLOWLY lower your heel to the ground
- Be really strong on the transfer!
- Maintain the straight knee position at throughout the movement
- Keep the movement fluent throughout
- Place both feet on the ground again before you raise up again
- Make sure the inside of your feet are parallel to each other
- Breathe out as you raise up and breathe in as you come back down again