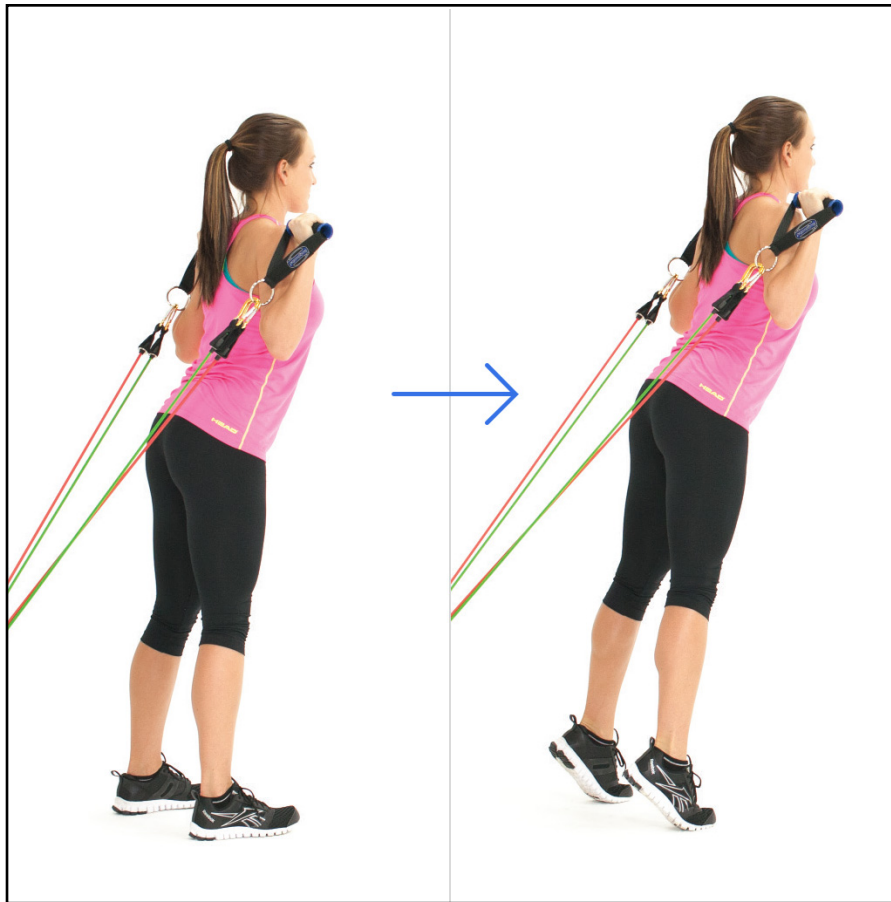


Standing Calf Raise With Bands

Area Targeted: Calves



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=B3o0basYEuE>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the bottom of the door.

Bands: Attach each end of the band(s) to a handle.

Body Positioning: Grip a handle in each hand and stand 1 to 2 feet away from the door with your back to the door. Raise your hands to shoulder height. Keep your back straight, head straight and stomach tight.

MOVEMENT:

Raise your heels off the floor until you cannot get any higher on your toes.

POINTS TO REMEMBER:

1. Push through your big toe as you raise your heels.