

## Standing One Legged Calf Raise With Bands

Area Targeted: Calves



**FIND THIS EXERCISE ON YOUTUBE:** [https://www.youtube.com/watch?v=vjaG0q\\_rrJ8](https://www.youtube.com/watch?v=vjaG0q_rrJ8)

### INSTRUCTIONS:

#### SET UP:

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

**Bands:** No adjustment required

**Body Positioning:** Now while facing the door, bend down and grip both sides of the band(s) with one hand so that when you stand up straight, the band is starting to stretch. Place your free hand straight out in front of you against the door and your inactive foot behind your active calf. Keep your head straight, back straight and chest up.

#### MOVEMENT:

Raise your heel off the floor, and stand up as high as possible on your toes.

#### POINTS TO REMEMBER:

1. Try to place the majority of the pressure on your foot, on your big toe.
2. Keep the arm that is holding the elastic, straight, pointed towards the door anchor.