

Standing heel raises/toe raises



GOAL

Primary: Prevent falls
Secondary: Build muscles

TARGET AREA

Hip/Leg Muscles

DESCRIPTION

These exercises work to strengthen the muscles in the front (toe raises) and back (heel raises) of your lower leg. They help to support your ankle and clear obstacles while moving around.

HOW TO

Stand with shoulder width apart.

1. Shift your weight to the ball of your feet.
2. Push through the balls of your feet and raise your heel until you are standing on your toes.
3. Slowly lower your heel down.
4. Shift your weight back to the balls of your heels.
5. Lift your forefeet off the floor as you bear weight through the heels.

Return to the start position.

Repeat.

REPETITIONS

1x10

DIFFICULTY DESCRIPTION

[tt:node_exercise_29_difficulty_level_4_description]