

## STANDING HEEL RAISE WITH SUPPORT

REPS: 10, SETS: 1, DAILY: 1, WEEKLY: 7

### STEPS 1& 2



### SETUP

Begin in a standing upright position holding onto a stable surface in front of you for support.

### MOVEMENT

1. Slowly raise your heels off the ground as far as you can your balance in this position.
2. Then lower them back to the floor
3. Repeat

### TIPS

- Make sure to keep the balls of your feet on the ground and maintain your balance during the repeat.
- Begin by holding on with both hands, as the exercise becomes easier progress to one hand and then no arm support.
- Start with 1 set of 10 and work up to 3 sets of 10.