



## ADVANCED TRAINING AND PERFORMANCE

### Single leg heel raise



#### Exercise Description

1. Find a wall or stable surface for support
2. Weight slightly forward
3. Lift one leg up
  - 3-4 days/wk
  - 2-3 sets
  - 10-15 reps
4. Repeat for opposite leg

#### The Why

This exercise should be performed slowly and controlled. The calf muscles are important muscles involved with running and jumping. This exercise is used to help build strength in those muscles.

