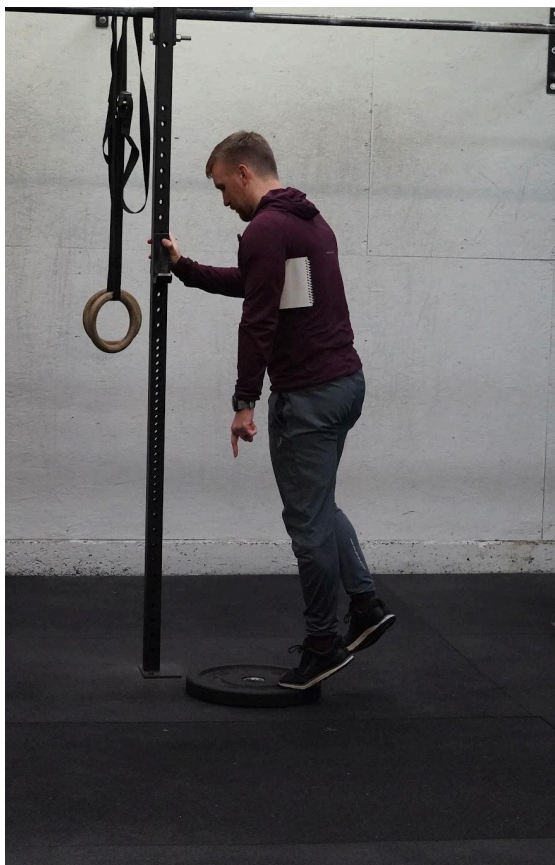




ADVANCED TRAINING AND PERFORMANCE

Single leg heel raise off step



Exercise Description

1. Find a step or perform off of rolled up towel
2. Find a stable surface for support
3. Lift one leg up and perform heel raises
 - o 3-4 days/wk
 - o 2-3 sets
 - o 10-15 reps
4. Repeat for opposite leg

The Why

This exercise should be performed slow and controlled. The muscles in your calf should be fatigued by the end. This progression is aimed at increasing the strength in a larger range of motion around the ankle.

