

## Level 2 Strength Exercise #12: Calf Raises

**Objective:** This exercise strengthens your calves and ankles.

### How to begin:

1. **Stand behind a sturdy chair with your feet shoulder-width apart and flat on the floor.** *\*Hold onto the back of the chair if needed for balance.*
2. **Breathe out** as you slowly begin to stand on your tiptoes, lifting as high as possible.
3. Hold this position for one second.
4. Breathe in as you begin to lower your heels back down to the floor.

### How to progress:

1. Try standing on one leg.
2. Work on your balance by holding onto the chair with just a finger or two.
3. Work on your balance by not holding onto the chair.

### The following activities can be similar to this exercise:

1. Practicing this exercise can make it easier to walk and climb stairs.

### Goal:

Do \_\_\_\_sets \_\_\_\_per set.

Increase to: \_\_\_\_sets \_\_\_\_per set.

**A. Starting position with feet flat and shoulder width apart**



**B. Breathe out and lift your heels**

