

BeActive Get Stronger Feel Better

CALF RAISE

Start with feet flat on the ground, slowly push through the balls of your feet lifting your heels off the ground as far as you can and with control slowly return to having your feet flat on the ground.

Modify the calf raise by using a pole or stable bench for support or you can do these seated or one foot at a time.



Exercise activity sheets available at www.mensshed.org
www.activestrongerbetter.net 1300 363 654