

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #4: Basic standing calf raise

This exercise works your lower leg muscles below the knee, and works your core by challenging balance.

To do:

Stand up straight and lift your heels up from the floor, as high as you can, then lower back down, trying not to land your heels on the floor completely. Repeat.

Keep the tops of your feet pointed straight forward, do not twist your ankles as you lift up onto the balls of your feet. Repeat for 12 reps.

Alaina M. Eichinger • Certified Personal Trainer • Lansdale, PA • In-home training also available
Training sessions available at the Horsham Athletic Club, Horsham, PA • 215-675-4535

For more information, visit us at: www.CarolForHeart.org