

HEEL LIFTS

SS01

calf raises

DIRECTIONS

Face away from the anchor. Stand with a very straight back with the rope around the neck. While keeping the balls of the feet firmly on the floor, raise the heels off the ground as high as possible. Descend and repeat 20+ times.

IMAGERY

5 toes – 5 toes equally and only bearing the weight of the whole body.

BENEFITS

HEEL LIFTS work the calf muscle group known as the triceps surae.

The triceps surae consists of:

- the soleus
- the lateral head of the gastrocnemius
- the medial head of the gastrocnemius
- each of the above attaches to the Achilles tendon

NOTES

Your CALF MUSCLES work to lift the heel when you run, walk and jump. The gastrocnemius muscle, in particular, is involved in generating power during these activities. You can also perform HEEL LIFTS on one leg or with 5 TOES turned in or out to emphasize the muscles from different angles.

The Achilles tendon also receives the benefit of HEEL LIFTS.