

## Heel & Toe Raises



### Instructions

1. Stand tall at counter top. Hold on with both hands and look ahead
2. Place your feet hip width apart
3. Lift up onto your toes slowly, making sure not to lean forwards
4. Lower your heels back onto ground slowly

**Do this 5-10 times**

### **PROGRESSION**

1. Place weight onto your heels first and then lift onto toes. Try not to lean backwards
2. Lower your toes to the floor

