

Cuppa 1

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 and lift up your toes and the front of your feet keeping your bottom tucked in. Try not to lean backwards
2. Lower your toes to the floor

