

Calves (stability ball)



Exercise Description:

Calf Raise

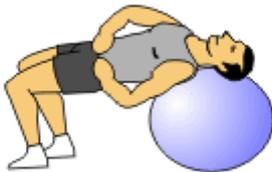
Classification:

Calves (stability ball)

Instructions:

- 1) Start position: Stand with feet hip width apart leaning against a ball or stand on the edge of a step on the balls of your feet with heels hanging over edge. Toes should be pointing forward.
- 2) Contract calves by pushing off balls of feet to raise heels up in air (standing on toes)
- 3) Lower heels and repeat.
- 4) Remember to keep knees slightly bent throughout movement to prevent any knee strain.

Calf raises on ball



Exercise Description:

Calf raises on ball

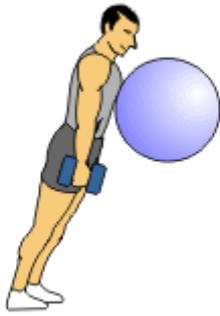
Classification:

Calves (stability ball)

Instructions:

1. Lie on your back on the ball and have your knees bent at 90 degrees.
2. Holding this position raise your heels off the ground until your ankles are fully extended.
3. Return to the starting position and repeat.

Calf Raises with dumbbells



Exercise Description:

Calf Raises with dumbbells

Classification:

Calves (stability ball)

Instructions:

- 1) Start position: Stand with feet hip width apart or stand on the edge of a step on the balls of feet with heels hanging over edge. Toes should be pointing forward. Lean into the ball for support.
- 2) Contract calves by pushing off balls of feet to raise heels up in air (standing on toes)
- 3) Lower heels and repeat.
- 4) Remember to keep knees slightly bent throughout movement to prevent any knee strain.

Supine Calf Raise



Exercise Description:

Supine Calf Raise

Classification:

Calves (stability ball)

Instructions:

1. Lie on your back with the ball under your upper back.
2. Push off your toes so that your heels and legs rise towards the ceiling.
3. Return to the starting position and repeat for the prescribed repetitions.

