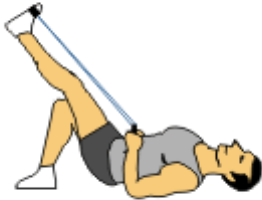


Calves (tubing)

Calf extensions with tubing



Exercise Description:

Calf extensions with tubing

Classification:

Calves (tubing)

Instructions:

1. Lie on your back and place tubing around the bottom of one foot.
2. Raise the leg into the air and hold at that position.
3. Extend your toes to full extension with the foot that has the band around it.
4. Return to the starting position and repeat for prescribed repetitions.
5. Repeat with the other leg.

Supine calf raises with fitband



Exercise Description:

Supine calf raises with fitband

Classification:

Calves (tubing)

Instructions:

1. Lie on your back and place a band around the bottoms of both feet.
2. Extend your foot to full extension.
3. Return to the starting position and repeat.

