Tibialis



Exercise Description: Tibia Plate Raise

Classification:

Tibialis

Instructions:

- 1. Start by placing your heel on a raised block, and lay the edge of a weighted plate over
- 2. Proceed to lift and lower the plate by flexing at the ankle, bringing the front of your foot as high as possible, then lowering it to the floor.
- 3. Repeat with the other foot.