

C.20

Calf Raises

Drill Skill Module - Lower Body Conditioning

Start Position



End Position



- 1 Stand up straight with feet shoulder width apart and toes pointed forward. Hands can be placed on hips or arms flat against your sides in a clean position.
- 2 Transfer your weight into the balls of your feet and lift your heels off the floor. Pause at the top of your lift and squeeze your calf muscles.
- 3 Slowly lower yourself back to the starting position and repeat.

Supplies / Aids:

Video

Equipment Needed:

- 1 Panel Mat (Optional)
- 2 Weights (Optional)

Notes:

Tips & Tricks

Modification:

- 1 Modification: Stand on a panel mat to gain more range of motion. The balls of your feet should be on the mat with your heels hanging off the side.
- 2 Add weights to increase difficulty.

