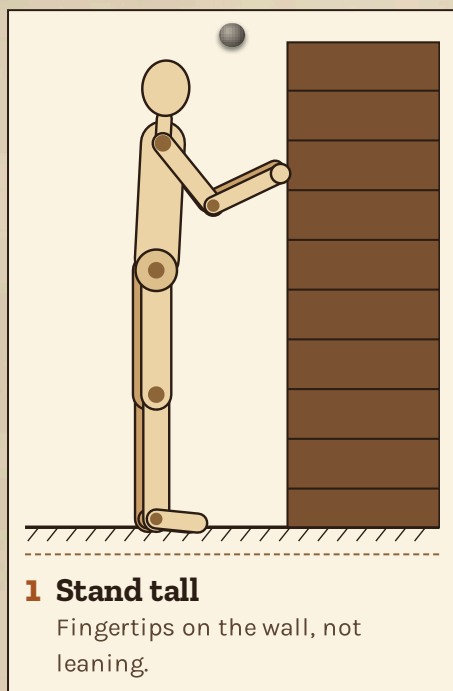


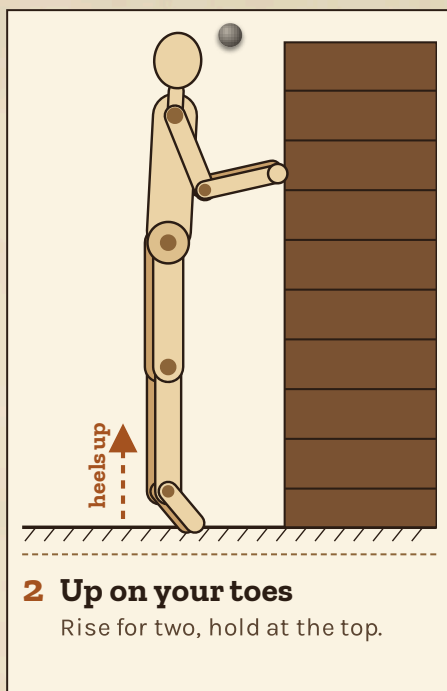


Calf raise

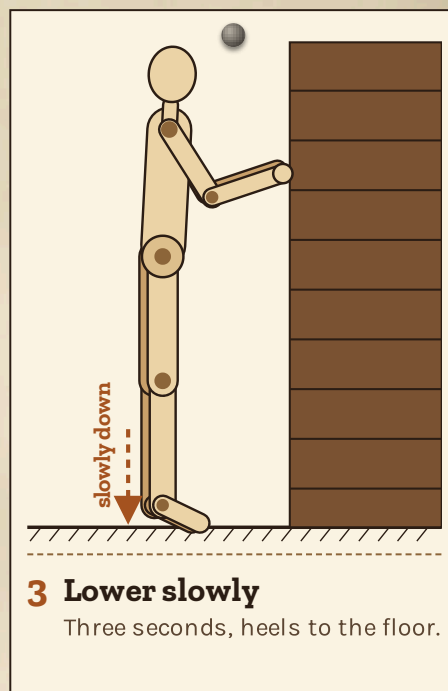
Strong calves and ankles keep you steady on your feet, on the stairs and on rough ground. All you need is a wall to hold on to.

**1 Stand tall**

Fingertips on the wall, not leaning.

**2 Up on your toes**

Rise for two, hold at the top.

**3 Lower slowly**

Three seconds, heels to the floor.

The beat

2 seconds up, a short hold at the top, 3 seconds down. 12 raises is one set. Rest a minute between sets.

How to do it

1. Stand facing a wall, feet hip-width apart, a forearm's length away.
2. Fingertips on the wall for balance. Don't lean on it.
3. Rise up onto the balls of your feet for a count of two.
4. Hold at the top for a moment, standing tall.
5. Lower your heels slowly for a count of three, all the way to the floor.

Make it fit you

Easier

Lift your heels just a little, or do them sitting on a chair.

Harder

Do them on one foot at a time, still holding the wall.

Ankles

Rise straight up, not onto your little toes. Any cramp or pain, stop.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/calf-raise/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.