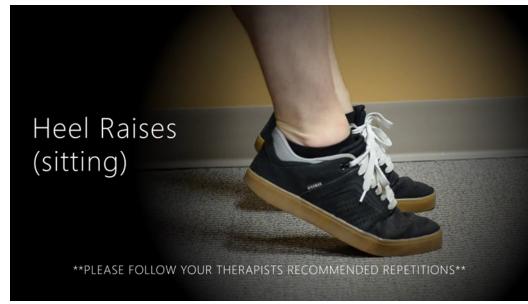


Start with your entire foot on the ground.





Next, raise up your heels. Keep your toes on the ground the entire time.

After, bring your heel back to the floor.

 Sets
Repetitions

