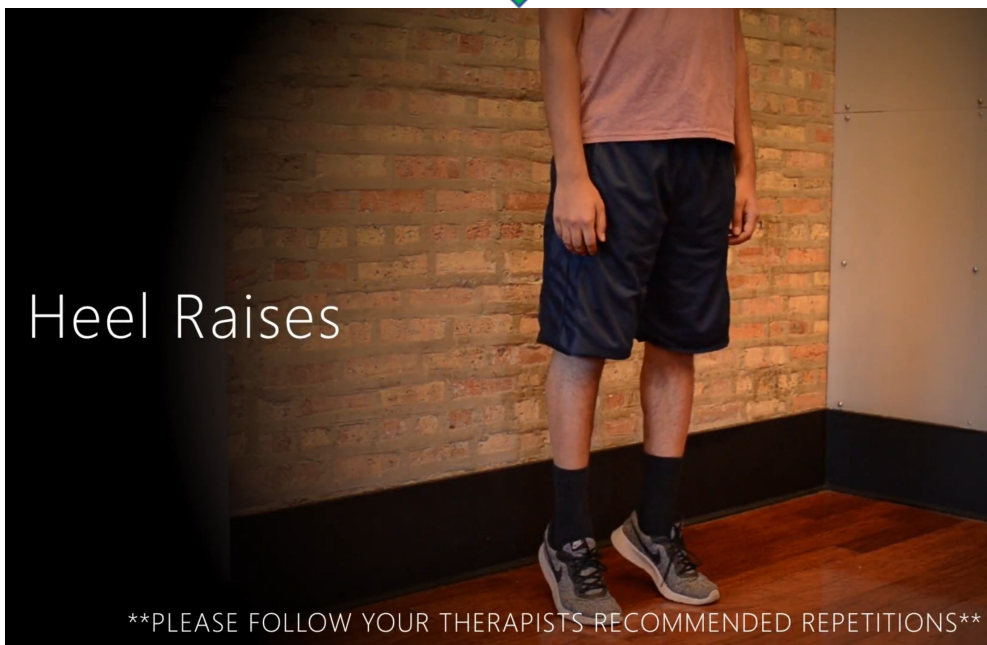




Stand with both feet firmly on the ground.



Next, raise up your heels. Keep your toes on the ground the entire time. (Toes on the ground, Heel up). After, bring your heel back to the floor.

_____ Sets

_____ Repetitions

