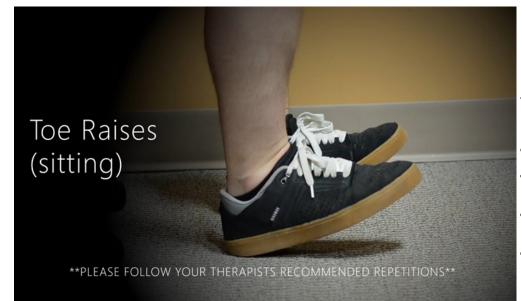


Start with your feet on the ground.





Next, raise up toes and forefeet. Keep your heels on the ground the entire time. After, bring toes back on the floor.

