

Toes Up Calf Raise | Single Leg (Towel)

Sets: 2 | Reps: 6-8

Preparation:

- Stand on one leg holding a chair as shown
- Have a rolled towel under toes

Execution:

- Lift heel up, standing on your tip toe



Bent Knee Calf Raise | Single Leg

Sets: 2 | Reps: 6-8

Preparation:

- Stand on one foot at the edge of a step, knees bent as shown

Execution:

- Raise up onto toes
- Return to start position



Squat | Single Leg (Proper Alignment)

Reps: 2 | Hold: 30 seconds

Tips to Remember: When squatting, balancing or jumping onto one leg avoid:

- Knees falling inwards
- Rounded lower back
- Bending forward excessively at the trunk and ankles



Hip Abduction (Band)

Sets: 2 | Reps: 10

Preparation:

- Stand with band around ankle as shown

Execution:

- Bring leg out to the side



Hip Extension Concentric (Band)

Sets: 2 | Reps: 10

Preparation:

- Stand with good posture, feet shoulder width apart
- Hold onto a counter or object for support

Execution:

- Lift one straight leg behind you as if stepping back
- Return to the starting position.



Start Position



Using buttocks, lift leg behind