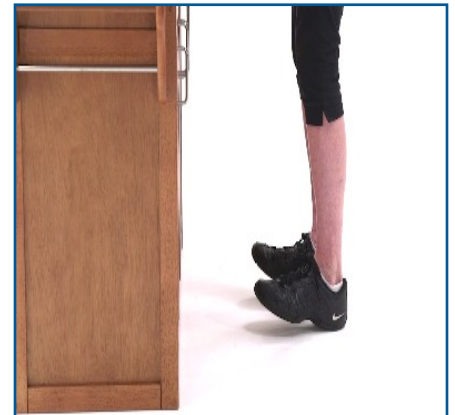
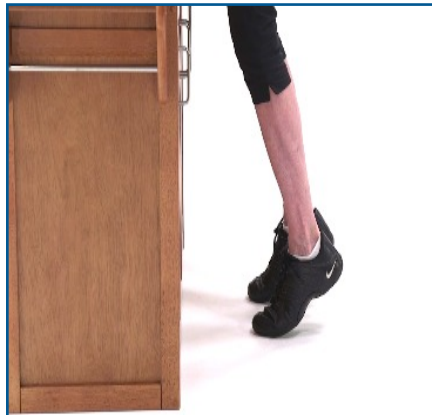
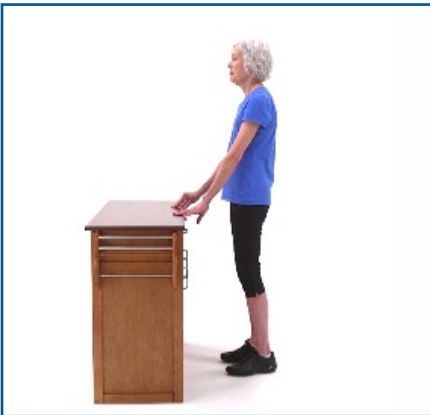


## HEEL TOE RAISES WITH COUNTER SUPPORT

REPS: 10, SETS: 1, DAILY: 1, WEEKLY: 7

### STEPS 1, 2, & 3



### SETUP

Begin in a standing upright position with your hands resting on a counter in front of you.

### MOVEMENT

1. Rise up into your toes and hold briefly
2. Lower back down and lift the balls of your feet off the ground
3. Repeat

### TIPS

- Make sure to maintain an upright posture and use the counter to balance as needed.
- Begin by holding on with both hands, as the exercise becomes easier progress to one hand and then no arm support.
- Start with 1 set of 10 and work up to 3 sets of 10.