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.