Title: Bodyweight Calf Raises

Primary Muscle Groups: Calves

Secondary Muscle Groups:

Summary: <ul>

<li>Stand straight with a tight core and flat back.</li>

<li>Keep your hands at your sides or hold on to a wall for balance.</li>

<li>Bring your feet to be hip distance apart.</li>

<li>Focusing the tension in your calf muscles, slowly raise yourself up on to the balls of your feet.</li>

<li>Pause at the top of the movement and slowly return to the starting position.</li>

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