Title: Jumping Calf Press / Raises

Primary Muscle Groups: Calves

Secondary Muscle Groups:

Summary: <ul>

<li>Stand up straight with your hands at your sides.</li>

<li>Keep your back straight and your core tight.</li>

<li>Forcefully press off the ground with the balls of both feet.</li>

<li>Launch into the air and land softly on the balls of your feet.</li>

<li>Focus the tension in the calf muscles, NOT the quadriceps.</li>

<li>Repeat.</li>

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