

CALF-RAISES



CHALLENGE YOURSELF TO IMPROVE!

OVERVIEW:

USING SOMETHING FOR BALANCE, STAND UP STRAIGHT AND RAISE YOUR BODY WITH YOUR FEET.

BENEFITS:

- IMPROVES CALF STRENGTH
- IMPROVES BALANCE
- IMPROVES SPEED AND FOOTWORK
- HURTS LIKE HELL!

PREREQUISITES & TARGET AUDIENCE:

- NO LOWER-BODY INJURIES
- ANY STANDARD OR EXPERIENCE
- CAN BE PERFORMED AT THE SAME TIME AS OTHER CHALLENGES

CHALLENGE:

200
PER DAY FOR
30 DAYS

ADVICE

NO FASTER THAN ONE REPTITION PER SECOND. IF YOU CAN'T DO ALL 200 NON-STOP, THEN PERFORM SMALLER AMOUNTS WITH SHORT RESTS BETWEEN EACH GROUP. TRY WITH AND WITHOUT SHOES. STRETCH AFTER FINISHING. IF 200 IS EASY, DO MORE!

DAILY CHECK BOX TRACKER

200	200	200	200	200	200
200	200	200	200	200	200
200	200	200	200	200	200
200	200	200	200	200	200
200	200	200	200	200	200

TIME/LOCATION

YOUR NOTES AND OBSERVATIONS

WATCH THE VIDEO



DO SOMETHING EVERY SINGLE DAY TO IMPROVE YOUR SQUASH

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