

Toe squat



Toe squats are a great variation to help strengthen your calves and thighs.

Do a normal squat but try lifting your heels at the lowest end of the movement. It will challenge your balance, increase thigh and calf strength and endurance.

Instructions:

- Stand with your feet hip width apart, as you would with a basic parallel squat. Shift your weight to your heels, and lower your hips and butt toward the floor as if you were taking a seat on an imaginary chair. If you can, bring your butt and hips far enough down so that your thighs are parallel to the floor. The deeper you go the harder the exercise will be. If you had a knee operation, never go below 90 degrees of flexion in your knees.
- When you go down in the squat, hold it there, and lift your heels off the floor so that all of your weight goes onto your toes. Keep your body low. Then push back up into a standing position staying on your toes the whole time.
- Repeat this movement 16 times. On the last repetition stay low in the squat with your heels lifted as high onto your toes as possible and hold for 10 seconds. Then move your hips up 2 to 3 inches, and back down again 10 times. Repeat this cycle three times.
- Keep your shoulders relaxed and your stomach muscles switched on. Breathe in as you lower down and breath out as you stand up.