

# Heel drop



## GOAL

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Primary: Build muscles  
Secondary: Prevent falls

## TARGET AREA

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Hip/Leg Muscles

## DESCRIPTION

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The goal of this is to load the bone by dropping your body weight on your heels. This exercise requires you to use your calf muscles so you may feel the back of your lower leg working also. A gentle contraction of your abdominals will help support your spine.

## HOW TO

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Lift up onto the balls of your feet  
Drop back down on your heels with a slight bend in your knees  
Allow your heels to accept the weight of your body

## REPETITIONS

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1x5