Heel drop



GOAL

Primary: Build muscles
Secondary: Prevent falls

TARGET AREA

Hip/Leg Muscles

DESCRIPTION

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

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

1x5