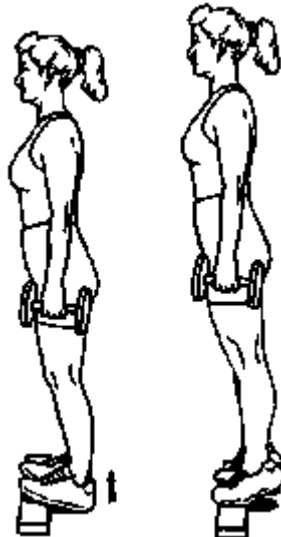


**Calf Rock**

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- Stand with your feet just less than shoulder width apart, holding (if desired) a dumbbell in each hand
- Keeping your knees straight, but not locked, raise your heels off of the ground, then slowly return to the start position
- Next, raise your toes as far as you can off of the floor, then slowly return to the start position
- Each section of the movement should be smooth and under control, not bouncing back and forth
- Keep your posture tall and strong with your abs tight throughout the motion
  
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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