

Leg workout with Sam Rodman from Cornish Pirates RFC



Calf raises



Explanation

Starting position	Performing the movement	Finishing the movement
Feet shoulder width apart, Toes pointing straight ahead.	Lift your heels off the floor, Tense your calf muscle while doing so. These can be performed on the edge of a step for greater range of movement	Lower your heels back down in a controlled manner

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Make sure you rest for 30 seconds between each set of exercises.

- Beginners** – 8 Repetitions for 3 Sets
- Intermediate** – 16 Repetitions for 3 Sets
- Expert** – 24 Repetitions for 3 Sets

