

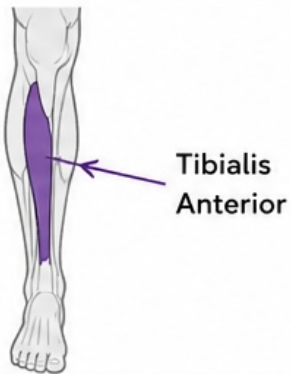
TIBIALIS ANTERIOR RAISE

(Shoulders against door, lift toes up keeping heels down)

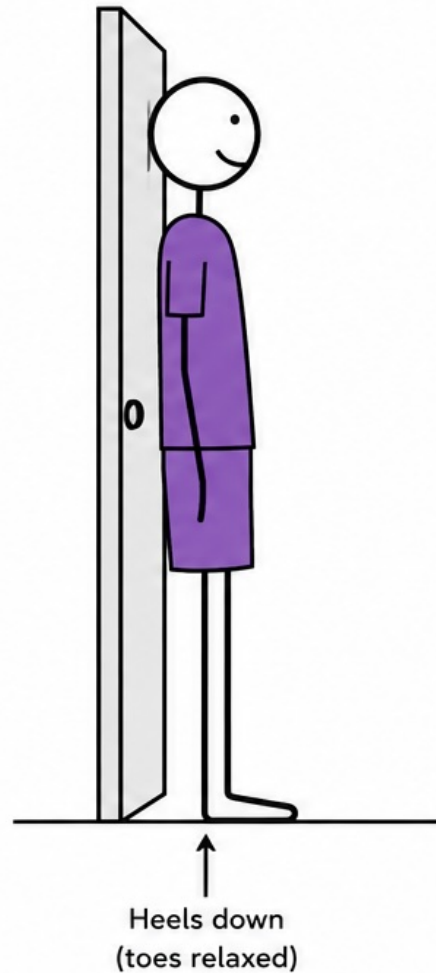
HOW TO DO IT

- 1 Stand with your back to a door and place your shoulders against it.
- 2 Keep your heels flat on the floor.
- 3 Lift your toes up toward your shins as high as you can.
- 4 Slowly lower your toes back down.
- 5 Repeat for desired reps.

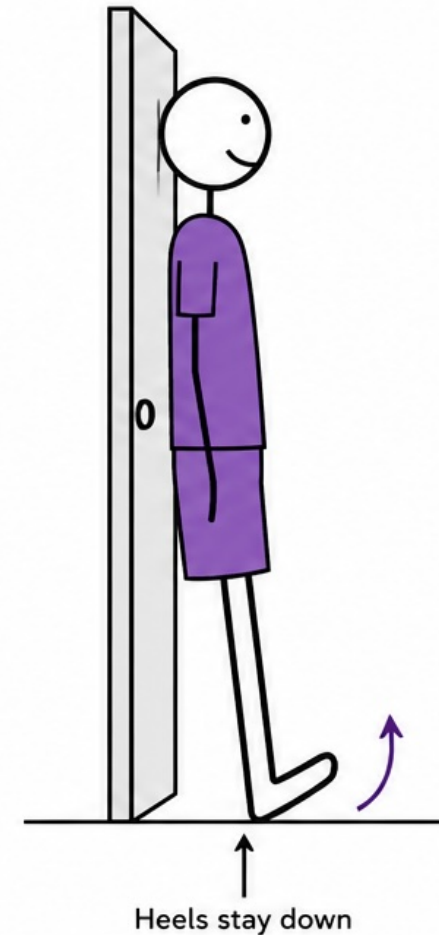
MUSCLE WORKED



STARTING POSITION



RAISED POSITION (TOES UP)



TIPS

- Keep your knees straight.
- Move only at your ankles.

Focus on controlled movement. Quality over speed.