

Exercise for stabilizing muscles

To note:

- ☑ Your toes should be pulled towards the head - make sure to hold this tension throughout the whole exercise
- ☑ Do small and quick movements by slightly and alternately kicking with your heels against an imaginary wall (or imagine pushing a box)
- ☑ The movement only takes place up to the level of your thorax
- ☑ After some time, the movement should feel like a controlled “shaking out”

*It could be that shortened calf muscles become noticeable and/or you get cramps, then simply **pause** the exercise*

Do not forget to breathe, please do not hold your breath while performing the exercise ;-)