

Heel Stair Descents



1. Stand at the top of the stairs and face backwards.
2. Round your back and begin to bend your left knee as you bring your right leg behind you.
3. Continue to bend your left knee as you lower your right leg to the step below, leading with your right heel, not your toes.
4. Place your right heel down first and then your toes.
5. Lower your left leg down to the level of your right.
6. Continue this process bending your right knee as you lower your left foot keeping your back rounded.
7. Repeat back and forth as you go down each step until you have reached the bottom.
8. Relax and repeat 1-2 more times.