

## Calf pump

The calf pump is especially strenuous on the calf muscles. When exercising, your attention inevitably shifts to muscular sensations and away from anxiety. Walk up to the wall and use it for support – but do not lean against the wall. Stand on your tiptoes, reaching as high as you can. Then lower your heels without touching the floor with them.

For a while, move up and down quickly and gently, pumping all the time. Then change the rhythm: push up and remain on your toes for a while. Slowly lower your heels towards the floor, but do not touch your heels to the floor. Slowly stand up on your tiptoes again and lower back slowly.

Repeat the slow pumping motion for a while. Next, move quickly and dynamically again. Pump up and down, gently, and flexibly. You can alternate between slow and rapid rhythms several times. Do the exercise for as long as you can. Remember to breathe.

### YouTube video of the exercise

<https://youtu.be/wxxTU3Pdv4>



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