

## How to Do a Soleus Pushup (SPU)

At the conclusion of this video, you can start doing SPUs whenever you would otherwise be sitting inactive

Start learning the technique with only one leg. One leg will be resting while you're learning how to do the activity with your other leg.

1. Depending on your chair type and the flexibility of your ankle, try to get in a position where your toes are below your knee, such that there is a straight vertical line between the front of your knee and the front of your toes. Ideally, your chair would be stationary and not a rolling chair. Select a chair that allows you to be in this position and/or use extra pillows to put you in the proper position for the chair you've selected. Get comfortable!
2. Picture your ankle joint (where your foot and ankle meet) pushing forward, and this will result in your heel rising.
3. Press lightly against the ball of your foot.
4. This should be a smooth, dynamic, fluid motion.
5. Try to time your SPUs to be at 60/minute at first. Use the 1000-1, 1000-2 rule for counting. See how high you can get your heel to push up comfortably.
6. After you're comfortable doing SPUs with one leg, then you can start doing them with both legs. You can do SPUs with alternating legs or do SPUs with both legs at the same time.

Ending thought – mimic what you're seeing on the screen, don't overthink it, and relax while you get healthy!