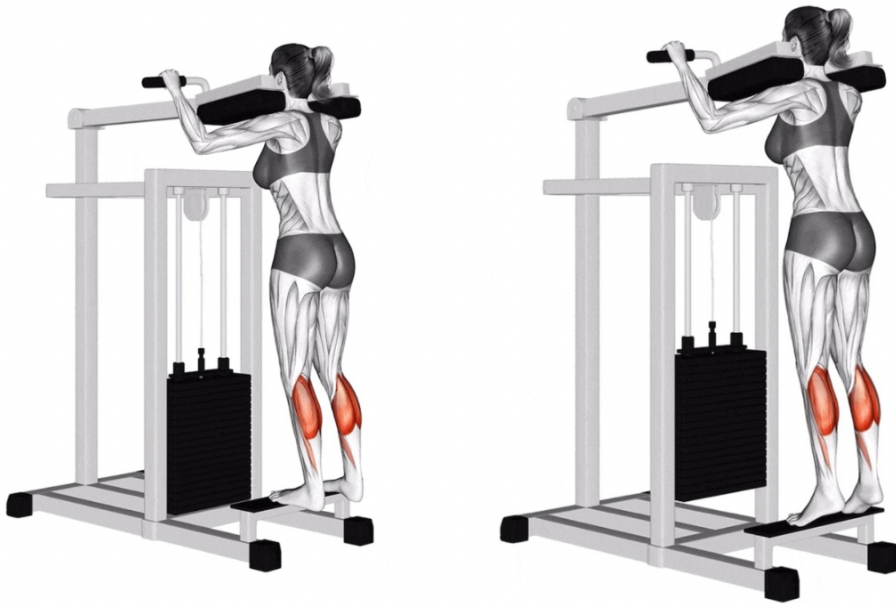


## HOW TO PERFORM A CALF RAISE

### MUSCLES WORKED

CALVES



1. Adjust the shoulder pad corresponding to your height.
2. Step underneath the pad and place the balls of your feet on the platform with your toes pointed straight ahead - your heels will naturally hang off.
3. Extend the hips and knees in order to raise the shoulder pad.
4. Lower the heels by dorsiflexing the ankles until the calves are fully stretched.
5. Extend the ankles and exhale as you flex the calves.
6. Repeat for the assigned number of repetitions.

## **TIPS:**

1. Keep the repetitions slow and controlled. Limit momentum and pause at the top to emphasize the contraction.
2. If you experience any sort of pain or pressure in the back of the knee joint, keep a slight bend in the knee and avoid complete lockout.
3. If the knee isn't entirely locked out, then ensure the position doesn't change during the duration of the repetition.
4. Limit depth of the heels if you feel any sort of stretch through the bottom of the foot during the exercise.
5. Try to move through the ball of the foot rather than the base of the toes.

## **NO MACHINE IN YOUR GYM?**

Use a step or perform without a step and a couple of dumbbells.



Perform calf raises by standing tall with your feet hip-width apart.

Lift your body by pushing into the fronts of your feet, activating your calf muscles as you stand on your tiptoes.

Return to a regular stance and repeat the movement pattern