

Seated Calf Raise

Equipment Needed: Calf Raise Machine

Start at this Position:

- Position yourself on the calf raise machine so that your thighs are parallel to the floor when your feet are on the footrests.
- Position the balls of your feet on the footrest's edge. *Refer to Figure A.*
- Adjust the thigh cushion so that it rests just above the knee. *Refer to Figure B.*
- Raise your heels slightly and use your hand to disengage the lever. *Refer to Figure C.*
- *Note: Not all Seated Calf Machines have a lever. Please ask your club's staff for assistance.*
- Lower your heels as far as possible.
- Grip the handles of the equipment with both hands for balance and support.
- Keep your back straight and your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



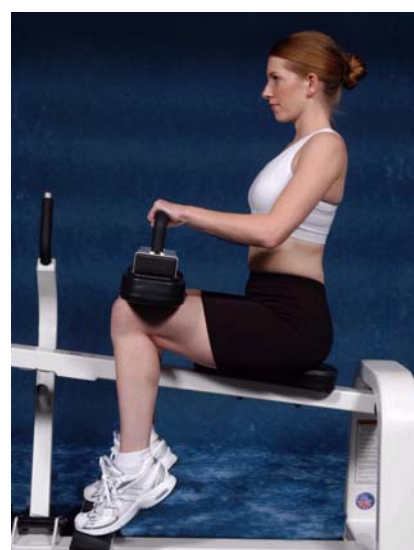
Exhale as you slowly raise your heels.

2. Middle Position

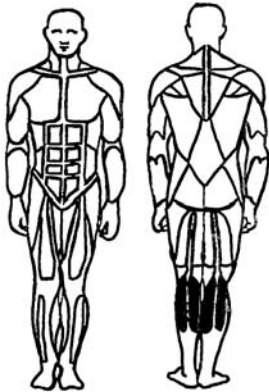


As you raise your heels, transfer the weight to the balls of your feet.

3. End Position



When you have raised as high as possible, hold for 1/2 a second, squeezing your calves.



Region: Legs

- Primary Muscle Worked: Calfs, Lower Calfs

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and head aligned with your spine.
 - Keep the balls of your feet stable on the footrests.
- If your feet shift, **STOP**, reposition, then continue.
- Hold the equipment for balance and support only.

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Hold for 1/2 a second. Repeat the movement for the recommended number of repetitions.

Figure A



Figure B



Figure C

