

Standing Calf Raise

Equipment Needed: Standing Calf Machine

Start at this Position:

- Before adjusting the equipment, make sure the weight is set to the lowest setting.
- Stand on the step/ platform.
- *Note: Some manufacturers have more than one step. (not shown)*
- Position the balls of your feet on the step/ platform's edge. *Refer to Figure A.*
- Grip the handles. Adjust the equipment so that your shoulders are in the middle of the pads (*Refer to Figure B*) so that when your heels are in the lowest position, the weights do not touch.
- *Note: If you feel unnecessary strain on your lower back, please see your club's staff for assistance.*
- Step off the machine and set the equipment to your appropriate weight.
- Return to the step/ platform and reposition your shoulders and feet to their previous positions.
- Lower your heels as far as possible, keeping a slight bend in the knee.
- 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

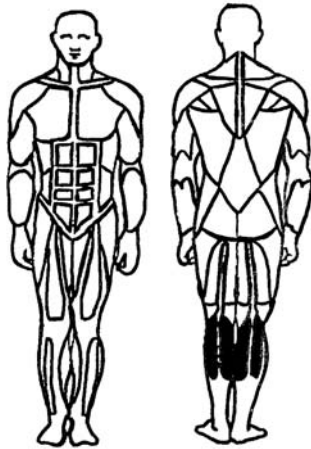


As you raise your heels, transfer the weight to the balls of your feet.

3. End Position



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



Region: Legs

- Primary Muscle Worked: Calfs

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and head aligned with your spine.
 - Keep your legs stationary, maintaining a slight bend in your knees.
 - Keep the balls of your feet stable on the step/ platform.
- Hold the equipment for balance and support only.
- If your feet shift, **STOP**, reposition, then continue.
- **Do not perform if you feel discomfort in your lower back.**

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

