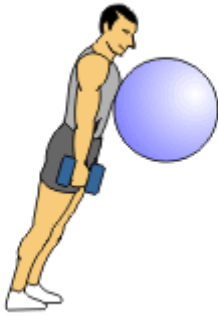


## Calves (free weights)

### Calf Raises with dumbbells



#### **Exercise Description:**

Calf Raises with dumbbells

#### **Classification:**

Calves (free weights)

#### **Instructions:**

- 1) Start position: Stand with feet hip width apart or stand on the edge of a step on the balls of feet with heels hanging over edge. Toes should be pointing forward. Lean into the ball for support.
- 2) Contract calves by pushing off balls of feet to raise heels up in air (standing on toes)
- 3) Lower heels and repeat.
- 4) Remember to keep knees slightly bent throughout movement to prevent any knee strain.

### Seated Calf Raises with Bar



#### **Exercise Description:**

Seated Calf Raises with Bar

#### **Classification:**

Calves (free weights)

#### **Instructions:**

- 1) Sit in an upright position with the knees placed at 90 degrees. Position balls of feet on step or any ledge(heels should be off of step). Knees should be directly over the ankles (knees bent at 90°). Place bar on top of thighs just behind your knees.
- 2) Start position: Raise heels up by pushing off the balls of feet.

- 3) Lower heels to below level of step.
- 4) Raise weight by pushing off balls of feet so that heels are above level of step.
- 5) Remember to sit upright with back and head straight in a neutral position

#### Seated Calf Raise with DBs



#### **Exercise Description:**

Seated Calf Raise with DBs

#### **Classification:**

Calves (free weights)

#### **Instructions:**

- 1) Sit in an upright position with the knees placed at 90 degrees. Position balls of feet on step or any ledge(heels should be off of step). Knees should be directly over the ankles (knees bent at 90°). Place a dumbbell on top of each thigh just behind your knees.
- 2) Start position: Raise heels up by pushing off the balls of feet.
- 3) Lower heels to below level of step.
- 4) Raise weight by pushing off balls of feet so that heels are above level of step.
- 5) Remember to sit upright with back and head straight in a neutral position

#### Single Leg DB Calf Raise



#### **Exercise Description:**

Single Leg DB Calf Raise

#### **Classification:**

Calves (free weights)

#### **Instructions:**

- 1) Start position: Stand with feet hip width apart or stand on the edge of a step on the

ball of one foot with your heel hanging over edge. Toes should be pointing forward. Hold a dumbbell in the hand on the same side.

2) Contract calf by pushing off ball of foot to raise heel up in air (standing on toes)

3) Lower heel and repeat.

4) Remember to keep knee slightly bent throughout movement to prevent any knee strain. You may have to hold on to a fixed stationary object for stability.

5. Repeat with the other leg after completing the prescribed repetitions.

Seated Calf Raise with DBs and Balance Discs



**Exercise Description:**

Seated Calf Raise with DBs and Balance Discs

**Classification:**

Calves (free weights)

**Instructions:**

1) Sit in an upright position with the knees placed at 90 degrees. Position balls of feet on balance disc(heels should be off of disc). Knees should be directly over the ankles (knees bent at 90°). Place a dumbbell on top of each thigh just behind your knees.

2) Start position: Raise heels up by pushing off the balls of feet.

3) Lower heels to below level of step.

4) Raise weight by pushing off balls of feet so that heels are above level of step.

5) Remember to sit upright with back and head straight in a neutral position.