

Calves (machine)

Donkey Calf Raise



Exercise Description:

Donkey Calf Raise

Classification:

Calves (machine)

Instructions:

1. Set yourself into the machine with your back against the pad. Hands should grab onto the handles and place feet so that the balls of your feet are the only thing on the foot plate.
2. Straighten your legs and remove safety stop. Keeping your legs semi straight bend just at the ankle joint.
3. Drop your heels towards the floor as far as they will go and then flex your calves to raise the heels up toward the ceiling.
4. Repeat for the prescribed number of repetitions.

Machine Seated Calf Raise



Exercise Description:

Machine Seated Calf Raise

Classification:

Calves (machine)

Instructions:

1. Sit in the machine and place your knees underneath the pad and the balls of your feet on the foot plate.

2. Raise your heels up towards the ceiling and release the safety stop.
3. Start movement by lowering your heels towards the floor to the fullest range of motion. Flex your calves and push the balls of your feet into the foot plate and raise your heels up towards the ceiling.
4. Repeat for the prescribed number of repetitions.

Standing Machine Calf Raise



Exercise Description:

Standing Machine Calf Raise

Classification:

Calves (machine)

Instructions:

- 1) Step into provided shoulder pads. Adjust lever arm so that plates do not touch when lowering the weight.
- 2) 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.
- 3) Contract calves by pushing off balls of feet to raise heels up in air (standing on toes)
- 4) Lower heels and repeat.
- 5) Remember to keep knees slightly bent throughout movement to prevent any knee strain. Adjust weight load accordingly.

Supine Calf Raise



Exercise Description:

Supine Calf Raise

Classification:

Calves (machine)

Instructions:

1. Start by lying in an angled leg press machine and place the balls of your feet on the foot plate.
2. Extend your legs and release the safety stops.
3. Keeping your legs semi-straight bringing your toes back towards your knees so that your toes are below your heels.
4. Push with the balls of your feet and extend your toes past your heels.
5. Return to the starting position and repeat.

Horizontal Calf Raise

**Exercise Description:**

Horizontal Calf Raise

Classification:

Calves (machine)

Instructions:

1. Sit in the machine and place the balls of your feet on the foot plate.
2. Keeping your legs straight extend the balls of your feet and toes out away from you.
3. Return to the starting position and repeat.

