

## CALF RAISES (Heels in & Heels out)

POSITION



START (Heels in)



START (Heels out)



END (Heels in)



END (Heels out)



- Adjust the padded lever of the calf raise machine to fit your height
- Place your shoulders under the pads
- Position your toes facing forward
- The balls of your feet should be on top of the calf block
- Heels extending off the block
- See opposite for Heel position

- Place heels in towards each other
- Exhale and raise your heels
- Extend your ankles as high as possible
- Flex your calves
- Knees must remain stationary at all times
- Do not bend the knees
- Hold the extended position for a second
- Inhale and slowly return to starting position by lowering as you bend the ankles until calves are stretched
- Repeat

- Place heels out away from each other
- Exhale and raise your heels
- Extend your ankles as high as possible
- Flex your calves
- Knees must remain stationary at all times
- Do not bend the knees
- Hold the extended position for a second
- Inhale and slowly return to starting position by lowering as you bend the ankles until calves are stretched
- Repeat

### MUSCLES TARGETED

#### CALF MUSCLES

- Calf muscles include the gastrocnemius and soleus muscles
- The calf raise exercise targets these muscles that facilitate plantar flexion, or ankle extension
- They contract to lift your heels off the floor during the upward-movement phase of the exercise, and to control the speed of movement during the downward movement phase

#### NOTE

*Maintain a straight and stationary back at all times. Rounding of the back can cause lower back injury.*