

Donkey Calf Raise Video Exercise Guide

Categories: [Exercise Videos](#) [Calves](#)

137.9K Views

00:42
Free Workouts & Advice
We send you the latest workouts, videos, expert guides and deals



Subscribe

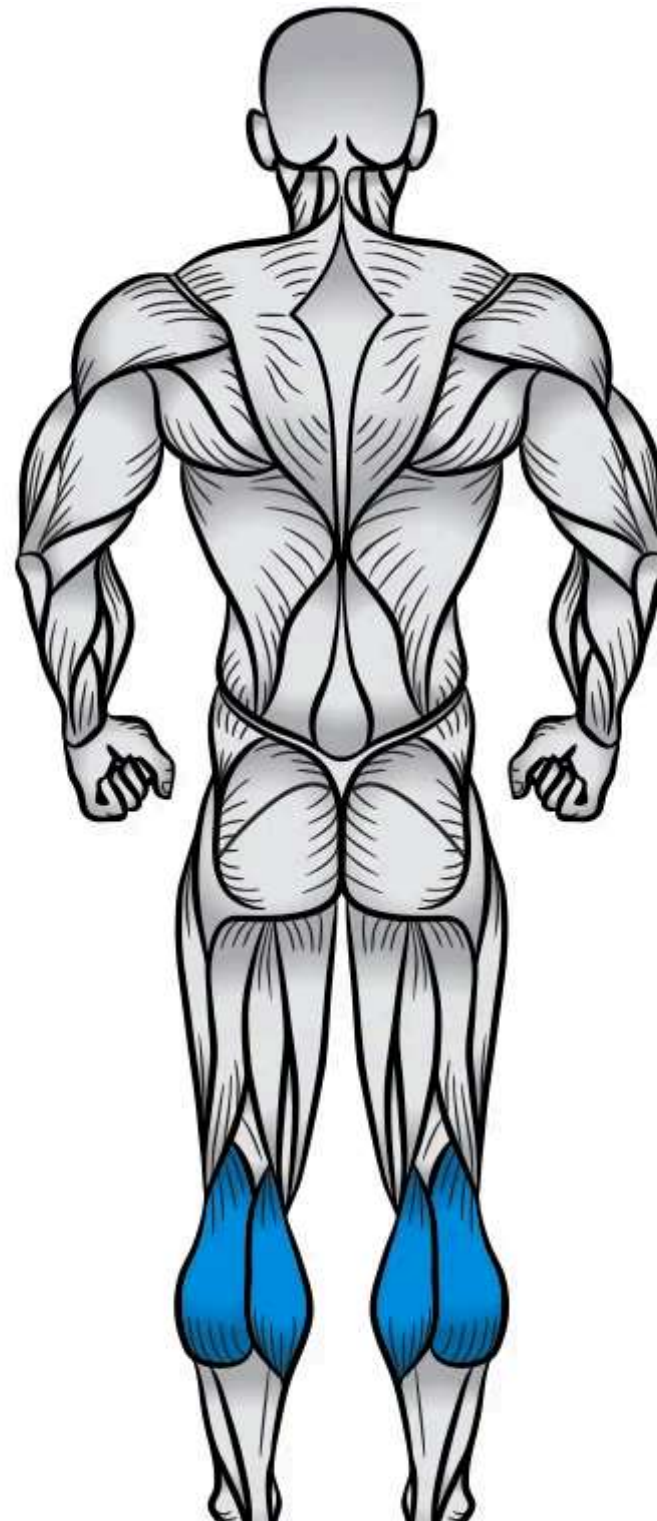
we send you the latest workouts, videos, expert guides and deals.

EXERCISE PROFILE

Target Muscle Group	<u>Calves</u>
Exercise Type	Strength
Equipment Required	Bodyweight
Mechanics	Isolation
Force Type	Push
Experience Level	Beginner
Secondary Muscles	None

TARGET MUSCLE GROUP

Calves





Donkey Calf Raise Instructions

1. Set up for the donkey calf raise by setting a calf raise block or step in front of something stable to hang on to.
2. Stand on the block with the balls of your feet on the edge.
3. Bend over and hold onto something stable such as an incline bench. For added weight, you can have someone sitting on your back.
4. Slowly let the heels drop as far as possible. This is the starting position for the movement.
5. Raise your heels slowly until you're pushing them as high as possible.
6. Pause and squeeze the calf muscles. Then slowly lower yourself back to the starting position.
7. Repeat for desired reps.

Donkey Calf Raise Tips

- Ideally, donkey calf raises are performed with someone sitting on your buttocks/lower back. You may find your own body weight is not very challenging.
- Keep the rep timing slow and control the weight.
- Do not bend at the knees.