

# Bodyweight Standing Calf Raise Video Exercise Guide

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

361.3K Views

## Free Workouts & Advice



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

Subscribe

00:37

---

## EXERCISE PROFILE

Target Muscle Group

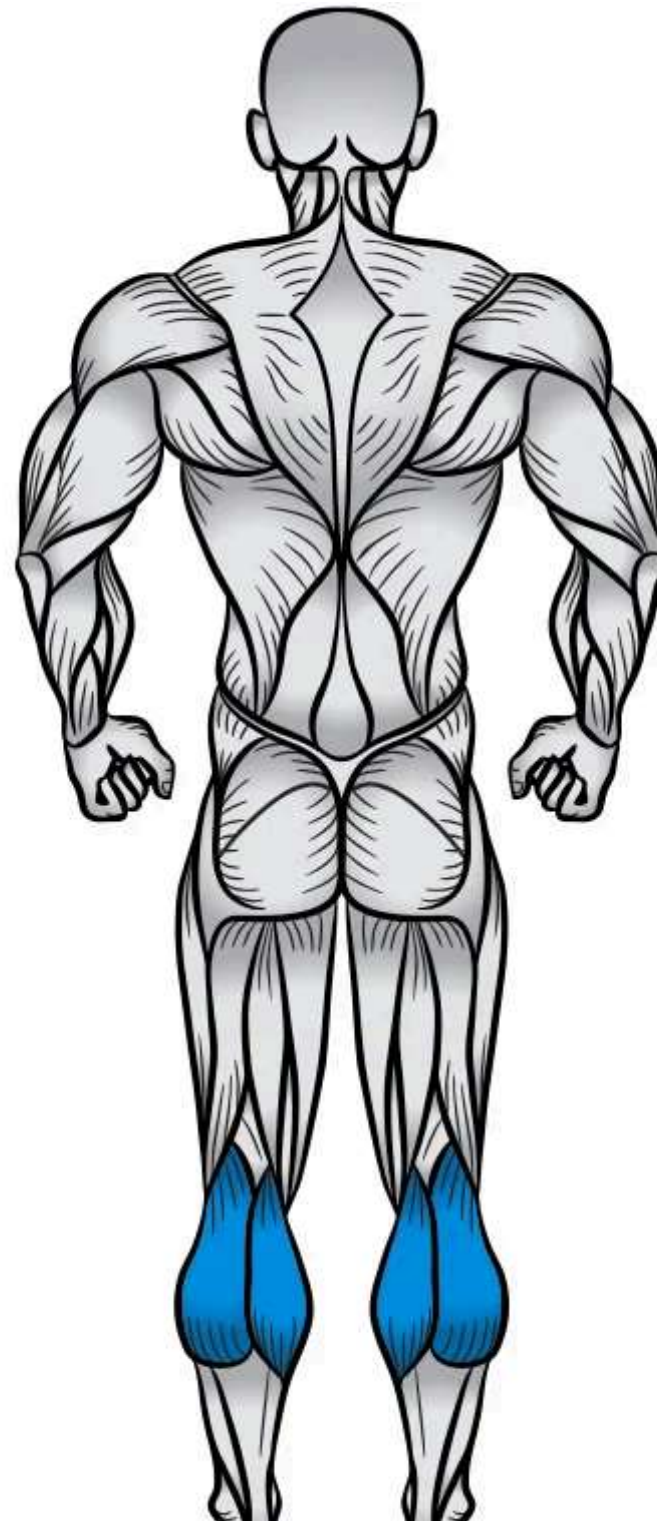
Calves

---

Exercise Type	Strength
Equipment Required	Bodyweight
Mechanics	Isolation
Force Type	Push
Experience Level	Beginner
Secondary Muscles	None

TARGET MUSCLE GROUP

# Calves





# Bodyweight Standing Calf Raise

## Instructions

For this exercise, all you need is a block or a step and something to help keep your balance.

1. Stand with the balls of your feet on the edge of the step/block and let your heels drop down as far as possible. This is the starting position for the movement.
2. Slowly raise your heels up as high as possible.
3. Pause, and then slowly lower your heels back to the starting position.
4. Do not rest at the bottom, and immediately start the next rep.
5. Repeat for desired reps.

## Bodyweight Standing Calf Raise Tips

- Use the maximum rep range by letting your heels drop as far as possible and raise as high as possible.
- Pause and squeeze for a count of 1-2 at the top of the movement for added intensity.
- Don't rest at the bottom of the movement by pausing. Once your heels are down as far as they go, start the next rep.
- Keep the balls of your feet on the edge of the block/step. If you allow the balls of your feet to come in more, the exercise becomes easier.

