

GASTROCNEMIUS & SOLEUS WORKOUT



② Seated Calf Raise

- In a seated position with knees tucked tightly under the pad, place the balls of your feet on the footplate.
- With your toes pointing forwards, raise your heels up and contract your calves.
- Slowly return to the starting position under control.



① 45° Calf Press

- While sitting at a 45° angle, keep a slight bend in your knees and place the balls of your feet on the footplate.
- With your toes pointing forwards, raise your heels up and contract your calves.
- Slowly return to the starting position under control.



① Dumbbell Standing Calf Raise

- Stand upright holding two dumbbells by your sides, place the balls of your feet on an exercise step or weight plate with your heels touching the floor.
- With your toes pointing forwards, raise your heels off the floor and contract your calves.
- Slowly return to start position under control.

① Standing Calf Raise (Supported)

- Stand upright holding onto a support in front of you, place the balls of your feet on an exercise step or weight plate with your heels touching the floor.
- With your toes pointing forwards, raise your heels off the floor and contract your calves.
- Slowly return to start position under control.



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