

CALVE EXERCISES



CALVE RAISES- Stand on a step with your heels positioned over the edge. i.e. you should be standing on the balls of your feet. Lower your heels toward the floor so that you can feel a slight stretch in your calf muscle. Push forcefully on the balls of your feet in order to fully contract your calves. Hold for a count of two. Slowly lower into the stretched position and repeat for the desired number of repetitions



SEATED CALVE RAISES- Position yourself on a seated calf machine. Place your toes on the platform and push your toes down so that your heels become raised so that you are on your tippy toes. Be sure to really flex your calves at the top of this movement for a one-count. Return to the start position and repeat until failure. The initial upward movement should be quick and explosive.