

Calf Raises



Muscle Group: Legs (calf) | **Sets & Reps:** 3x8 or 3x10 |

Equipment: Weight machine or dumbbells

Instructions

1. Make adjustments to the machine so that the height of the shoulder pads are inline with your shoulders.
2. Adjust the weight using the pin.
3. Step on to the machine platform with the balls of your foot on the bar and your heels slightly off the back.
4. Bend your knees and place your shoulders underneath the shoulder pads and grip the handles with your hands.
5. Slowly, raise up on the balls of your feet, pause, then return back down.
6. Repeat this 10 times (3 x 10).

Tips & Modifications

- Start with no weights and practice proper form with hands on your hips.



Click here or scan the QR Code to the right to watch video instructions!

