LifeFitness Calf Raise

Calves - Gastrocnemius

Sit on the seat with your back against the back rest. Adjust the back rest fore/aft position so your knees are straight but not locked. Place the balls of your feet on the foot platform.

Press the foot platform away from you using the balls of your feet. Contract your calf muscles at the peak of the motion. Slowly release back to the starting position. Be careful not to overstretch the arches of your feet as you release the weight. Keep your knees straight but not locked throughout the motion.