Standing Calf Raise

Calves - Gastrocnemius

Stand on the foot platform and place your shoulders under the shoulder pads. Raise or lower the shoulder pad setting if needed. Lightly grasp the handles.

Keep your knees straight but not locked throughout the motion. Lift your heels above the height of the foot platform and contract your calf muscles. Slowly lower your heels below the height of the foot platform. Be careful not to overstretch the arches in your feet.