

SEATED LEG PRESS CALF EXTENSIONS



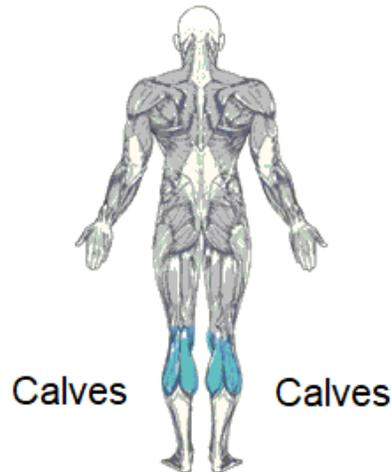
1. For this exercise you will need to use a **Seated Leg Press Machine**.
2. Adjust your desired resistance to be used then sit comfortably on the machine with your back pressed against its back pad. Place the arch of your feet at the bottom part of the front platform and spread a bit closer than hips width apart, with your heels unsupported pointing down and fully stretching your calves muscles. Keep your legs fully extended with a very slight bent at the knees. Hold on to the sidebars next to your seat with your head facing forward. This will be your starting position.
3. Start pressing with the arch of your feet against the front platform to push your body backwards and keep pushing until your calves muscles are fully contracted. Your torso should remain flat and stationary on the machine throughout the entire movement.
4. Now bring yourself back to your starting position by slowly dropping your heels down until your calves muscles are fully stretched again.
5. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any calves and/or knees injury. STOP immediately if you felt any sharp calves and/or knee pain. It is normal for you to also feel a slight burn in your hamstring & glutes while performing this exercise.

ALTERNATIVE EXERCISES: [Standing Calf Raises](#)

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PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or the muscle group that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%100** when performing this exercise.



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