

# STANDING CALF RAISES



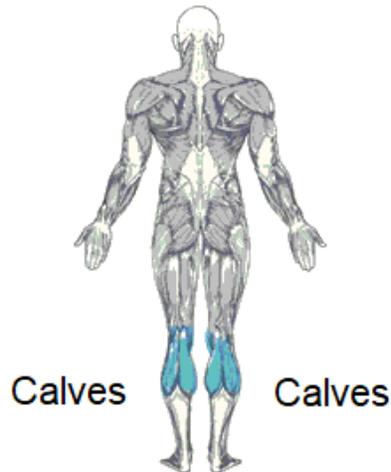
1. Place an aerobic stepper against a pillar or a wall as you stand tall on top of it's edge, while placing your entire body's weight on the arch of your feet, with your heels unsupported pointing down and fully stretching your calves muscles. Keep your knees locked and your feet a bit closer than hips width apart, with your head facing forward as you grab on to the pillar with both hands. This will be your starting position.
2. Use your calves muscles to raise your body up through the arch of your feet by elevating your heels and pushing with your feet up. Keep pushing with your feet until you reach your maximum height.
3. Slowly come back down to your starting position, while keeping your calves muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** Make sure to maintain a straight posture throughout the entire movement. STOP immediately if you felt any sharp knee and/or ankle pain. It is normal for you to also feel a slight burn in your hamstring & glutes muscles while performing this exercise.

**ALTERNATIVE EXERCISES:** [Seated Leg Press Calf Extensions](#)

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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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