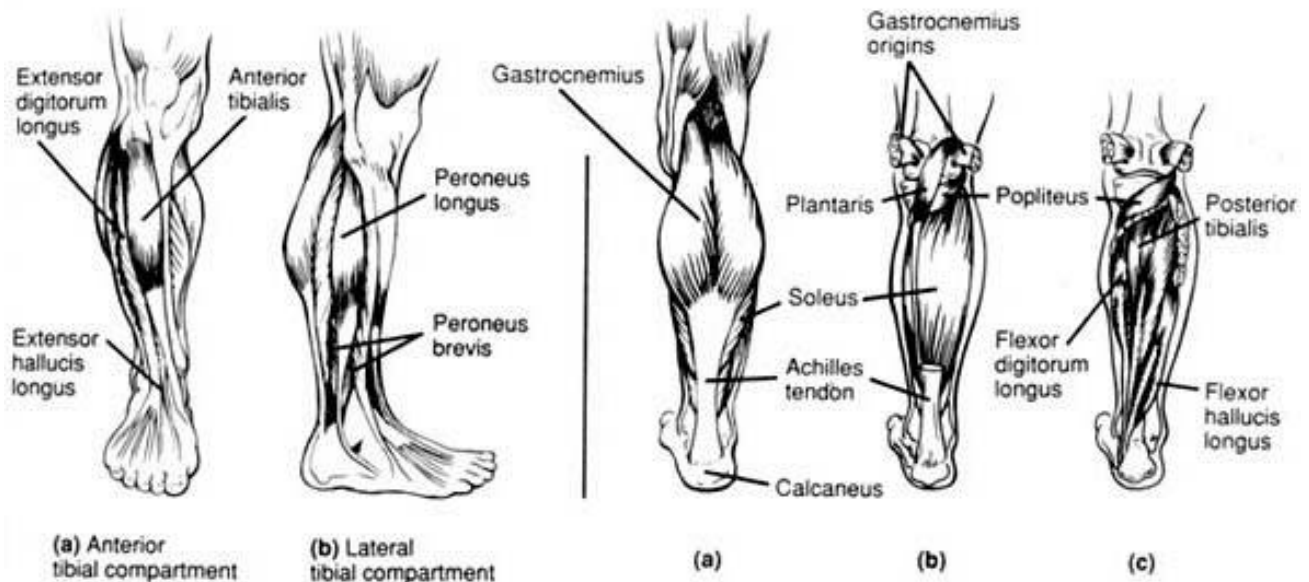


Ultimate Personal Training Calf Exercise Guide



Major Muscles That Act At the Ankle and the Foot

MUSCLE	ORIGIN	INSERTION	PRIMARY FUNCTIONS
Anterior tibialis	Proximal two-thirds of lateral tibia	Medial aspect of first cuneiform and first metatarsal	Dorsiflexion at the ankle; inversion at the foot
Peroneus longus	Head of fibula + proximal two-thirds of lateral fibula	Inferior aspects of medial tarsal (first cuneiform) and metatarsal	Plantarflexion at the ankle; eversion at the foot
Peroneus brevis	Distal two-thirds of lateral fibula	Base of the fifth metatarsal	Plantarflexion at the ankle; eversion at the foot
Gastrocnemius	Posterior surfaces of femoral condyles	Posterior surface of calcaneus via Achilles tendon	Plantarflexion at the ankle
Soleus	Proximal two-thirds of posterior surfaces of tibia and fibula	Posterior surface of calcaneus via Achilles tendon	Plantarflexion at the ankle
Posterior tibialis	Posterior surface of tibia-fibular interosseous membrane	Lower medial surfaces of medial tarsals and metatarsals	Plantarflexion at the ankle; inversion at the foot

Barbell Seated Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Place a block about 12 inches in front of a flat bench. Sit on the bench and place the balls of your feet on the block. Place a barbell over your upper thighs about 3 inches above your knees. Raise up on your toes as high as possible and squeeze the calves. Lower down to the starting position and stretch as far as you can. Repeat.

Lying leg press calf push

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: While sitting a leg press machine, press the weight rack up as if you were going to do a leg press. Lock your knees and slide your feet down so that only the balls of your feet are on the rack and your heels are hanging off. Push with your toes and point the feet like a ballet stance, pushing the rack along with you. Let the rack come back down bringing the toes closer to your body and repeat. Make sure the handles remain in the locked position. If your feet were to slip off the rack and you don't have the handles locked you can be injured. Don't bounce the rack up and down. Use the muscles slowly with control. You can also focus on the inner or outer calves by pointing your toes in or out instead of keeping them straight.

Note: The same movement can be performed on the Machine seated leg press.

Calf Raise On A Dumbbell

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: When doing one-legged calf raises, stand on a dumbbell handle (preferably one with round plates so it rolls). This tendency to roll will make you work to stabilize yourself as you're doing the calf raise, increasing the effectiveness of the exercise.

Be sure to hang onto something solid as you're doing this exercise as you don't want to slip off. The tendency for the dumbbell to roll will allow you to roll your foot over the top of the handle, giving you full extension of the calf at the top. As you come up, roll the dumbbell slightly backward. Roll it slightly forward as you come down to get a better stretch. You can also do these standing on the actual dumbbell plate, using a large 85 pound dumbbell that is wider.

Dumbbell Seated One-Leg Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Place a block on the floor about 12 inches from a flat bench. Sit on the bench and rest a dumbbell on your upper left thigh about 3 inches above your knee. Place the ball of your left foot on the block. Raise your

toes up as high as possible. Squeeze your calves, then return to the starting position, stretching as far down as possible. Repeat for your desired number of reps and then switch legs.

Rocking Standing Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: This is a great option to calf training without fancy machines. From a standing squat position with a barbell on your back, perform a standard calf raise, but as you return your feet flat to the ground raise the toes off, hence "rocking back." Now a word of caution to those over-zealous types: perform with caution and get the feel of the exercise as tempo should be slow with total control. Can also be done by holding two dumbbells in your hands.

Seated Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Sit on a calf raise machine. Place your upper thighs under the leg pad just above your knees. Disengage any weight lock that may be in place. Lower your heels to the lowest possible position. Slowly raise up on your toes as high as you can go. Hold for a moment and return to the starting position. Do not "swing" the weight up using momentum! Repeat.

Standing Barbell Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Set a barbell on a power rack and put a block of wood or something similar nearby. Position your back under the barbell with both hands to sides, just like if you were doing squats. Position your toes and balls of feet on the block with arches and heels extending off and resting on the floor. Raise your heels by extending ankles as high as possible. Lower heels by bending your ankles until your calves are stretched. Repeat. Keep your knees straight throughout exercise or bend knees slightly only during stretch. You can also do this with dumbbells in your hands, or in a smith machine.

Hack squat standing calf raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Stand with your toes on the block of a standing-calf-raise machine and your heels hanging off the end of the platform. Hook your shoulders under the pads and straight your legs, lifting the weight clear of the support. Do not hunch, but rather keep your body straight. Keeping your legs straight, lower your heels and the weight as far as possible toward the floor. Rise up on your toes on your toes as far as possible. Hold the contraction briefly, then slower return to the starting position. You can also point your toes in or out to vary the area of emphasis in your calf muscle.

Standing Dumbbell Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Place a wooden block or something similar on the ground that is at least 2 - 3 inches tall. Grasp a dumbbell in each hand. Position your toes and balls of feet on the block with arches and heels extending off and resting on the floor. Raise your heels by extending ankles as high as possible. Lower heels by bending your ankles until your calves are stretched. Repeat. Keep your knees straight throughout exercise or bend knees slightly only during stretch. Can also be done with a barbell on your back instead.
