

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

DONKEY CALF RAISE

A. Emphasis. This movement stresses the muscles in the lower leg (specifically the gastrocnemius).

B. Starting Position. Hold on to a railing or a straight bar on a rack at waist level. With your hips at **90** degrees bend your knees until you can get your waist under the pad (keep your back straight). Straighten your legs until your knees are slightly bent.

C. Movement. Moving only your ankles, take **2** to **3** seconds to lower your heels down until you feel a comfortable stretch in your calves; then contract your calf muscles and return to the starting position.

D. Training Tips.

- 1) Turning your toes in toward the middle will stress the inside of your calf
- 2) Turning your toes out will stress the outside of the calf.
- 3) This movement can also be performed on a machine specifically designed for this same exercise.
- 4) Hold on to a railing or a straight bar on a rack at waist level. With your hips at 90 degrees, have someone sit on your lower back/hips (keeping your back straight).

F. Warning Tips.

- 1) **Do not** round your back or excessively arch it. Failure to do so can result in serious injury to your back.
- 2) **Do not** bounce as you reach the point where your calf is in a stretched position. This can cause serious injury to your calf muscles.
- 3) **Do not** lower your heels any faster than **2** to **3** seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.