

# *Personal Training by Robert J. Bovee*

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## **STANDING CALF RAISE (MACHINE)**

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

**B. Starting Position.** With the balls of your feet on the platform, raise the weight up until you are standing straight up and down.

**C. Movement.** Take **2** to **3** second to lower the weight, dropping your heels down until you feel a comfortable stretch in your calf. Raise the weight back up to the starting position. Contract your calf hard before repeating the exercise.

**D. Training Tips.**

- 1) Keep your body straight when performing this exercise. The only joint that moves is the ankle.
- 2) Turning your toes in toward the middle will stress the inside of the calf.
- 3) Turning your toes out will stress the outside of the calf.

**F. Warning Tips.**

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