

Personal Training by Robert J. Bovee

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SEATED CALF RAISE

A. Emphasis. The primary muscles stressed in this movement are the muscles in the lower leg (specifically the soleus).

B. Starting Position. With the balls of your feet on the platform, raise the weight up and move the support post out from under the weight.

C. Movement. Take **2** to **3** seconds to lower the weight down until you feel a comfortable stretch in your calf. Push the weight back up to the starting position. Contract your calf hard throughout the entire movement (positive phase).

D. Training Tips.

- 1) Turning your toes in toward the middle will stress the inside of the calf.
- 2) 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 the stretched position. This can cause serious injury to your Achilles tendon and calf muscles.
- 2) **Do not** arch your back excessively during this movement. This can cause serious injury to your back.
- 3) **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 movement, the less control you will have and will increase your risk of injury.