

CENTRE FOR SPORTS AND EXERCISE THE UNIVERSITY OF HONG KONG 香港大學運動中心

Muscle Group: Calves

Machine Exercise: Calf Raise



Add or remove weight plates for exercise.



Pull the handle to adjust the pads. Let them rest on your thighs.



Push with your feet upwards and turn the safety off.



Lower the feet where the heels are lower than the level of the platform.



Push with your feet upwards so that the weight elevates upwards.