Muscle Group: Calves

Machine Exercise: Calf raises

Push the button to pull out the handle for adjustment of the weight

Pull the handle to adjust the shoulder pads. Let the pads rest on your shoulders while standing straight on the platform.

Standing with your toes on the lower ledge, lower the body where the heels are lower than the level of the platform.

Push with your feet so that the body elevates upwards
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 counter clockwise.

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.