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.
Muscle Group: Calves

Machine Exercise: Calf Raises

Pull out the handle for adjustment of the weight.

Pull the handle to adjust the seat. Move the seat so that the legs are straight when seated.

Take a seat on the machine with only your toes touching the platform. Lower your body so that the heels go beyond the platform.

Push the seat backwards while keeping the legs stretched. Use only your calves and movement in the ankle.