

Seated Calf Raise



- Sit on a chair or bench, with your ankles directly underneath your knees, and lean your weight forward
- Hold a dumbbell or similar weight in your hands, resting the weight on your knees
- Keeping all of your weight on your knees and ankles, raise your heels off of the ground
- Return to the start position slowly and repeat
- Do not jerk the weight up, but move it slowly and under control
- To make this a little more challenging, place a 1-2" board under your toes to increase the range of motion

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
