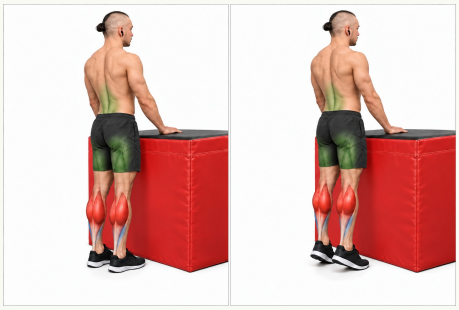
Exercise technique

Supported calf raise

8-12



START / heels down

FINISH / controlled heel lift

GRIP / Support hand contact

SETUP / Flat floor; hold a fixed box or stable support.

MOVE / Rise slowly onto the forefeet with even pressure.

RETURN / Lower heels gently; avoid bouncing.

MAIN / RED
Gastrocnemius and soleus lift the heels.

SECONDARY / BLUE
Other lower-leg and foot muscles control ankle alignment.

SUPPORT / GREEN
Hip and trunk muscles keep the body upright; hands on a fixed support assist balance.

OPTIONAL PREPARATION / BODYWEIGHT