SIGNATURE SERIES CALF EXTENSION (FZCE)

Muscles Exercised – Gastrocnemius and Soleus

Setup
Adjust the seat back to allow a slight bend in the knees, when the balls-of-the-feet are positioned on the footplate. Check the weight stack to ensure appropriate resistance. Position the hips firmly against the back pad and grip the handles located on the sides of the seat pad. Body is positioned with chest-up, shoulders back and against back pad.

Performing the Exercise
With a controlled motion, press upward on the balls-of-the-feet as far as can be controlled, while maintaining the knees slightly bent. DO NOT LOCK OR HYPEREXTEND THE KNEES. Return the footplate to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.