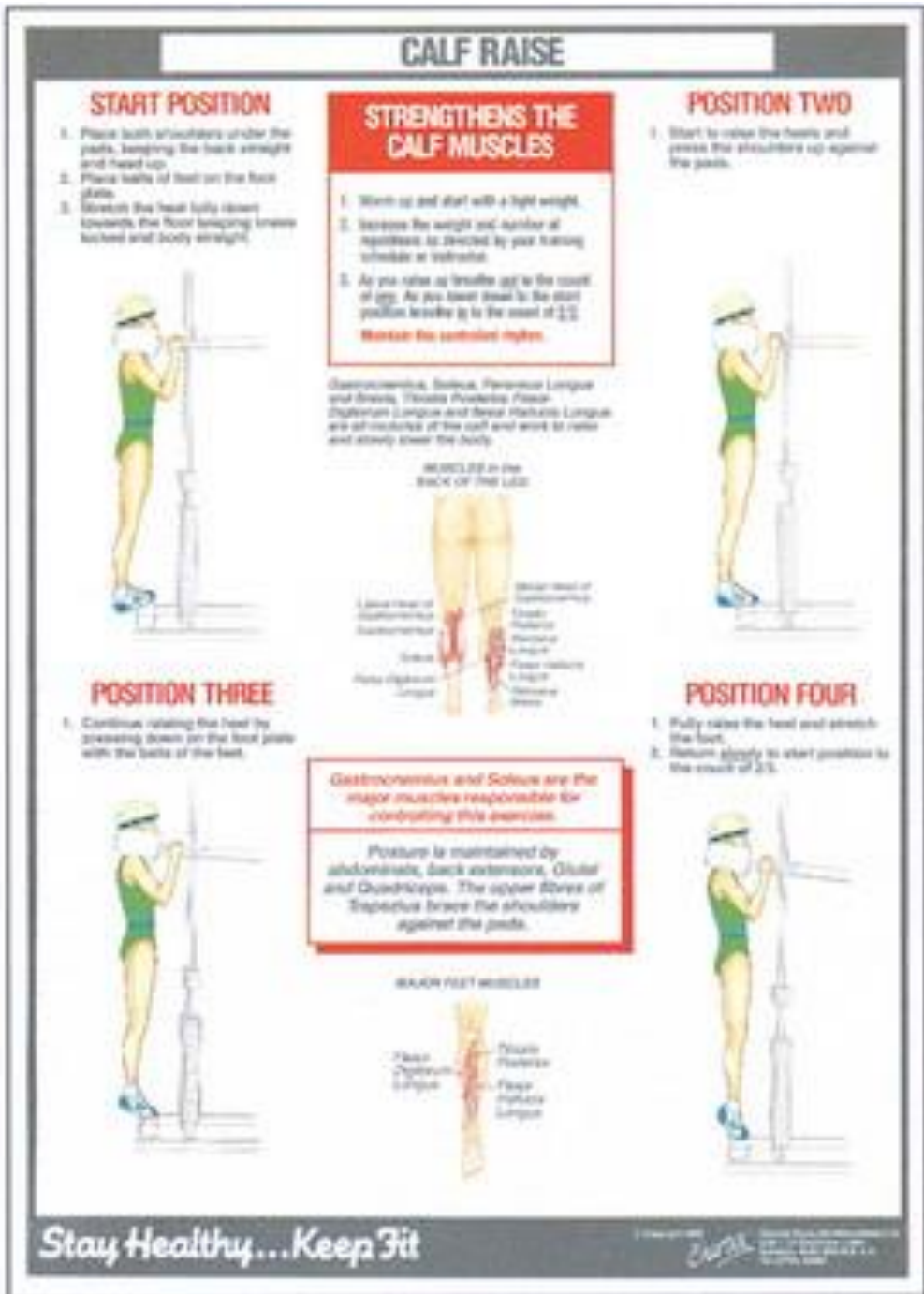


## Calf Raise Wall Mounted Chart– CT108

<p><b>Description</b></p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Advice is given about warming-up and breathing together with instructional information on how to do the exercise properly and safely in each of the positions as you go through from the start to finish positions. This helps to reinforce coaching by the Gym Instructor. The chart is ideal for fixing on the wall next to your weight training machine.</p>
<p><b>Details</b></p>	<p>1. Dimension: A3 Size</p>
<p><b>Image</b></p>	 <p>The chart is titled "CALF RAISE" and is divided into four main sections: START POSITION, STRENGTHENS THE CALF MUSCLES, POSITION TWO, and POSITION THREE. It also includes a section for POSITION FOUR. Each position is illustrated with a woman performing the exercise on a wall-mounted machine. The chart includes detailed instructions for each position, lists of muscles worked, and diagrams of the muscles. At the bottom, it says "Stay Healthy... Keep Fit" and "© 2008 FitnessExpert".</p> <p><b>START POSITION</b></p> <ol style="list-style-type: none"> <li>Place both shoulders under the posts, keeping the back straight and head up.</li> <li>Place balls of feet on the foot plate.</li> <li>Stretch the heel fully down towards the floor keeping knees locked and body upright.</li> </ol> <p><b>STRENGTHENS THE CALF MUSCLES</b></p> <ol style="list-style-type: none"> <li>Warm up and start with a light weight.</li> <li>Increase the weight and number of repetitions as directed by your training schedule or instructor.</li> <li>As you raise up breathe out to the count of six. As you lower down to the start position breathe in to the count of 12.</li> </ol> <p><b>POSITION TWO</b></p> <ol style="list-style-type: none"> <li>Start to raise the heels and press the shoulders up against the posts.</li> </ol> <p><b>POSITION THREE</b></p> <ol style="list-style-type: none"> <li>Continue raising the heel by pressing down on the foot plate with the balls of the feet.</li> </ol> <p><b>POSITION FOUR</b></p> <ol style="list-style-type: none"> <li>Fully raise the heel and stretch the foot.</li> <li>Return slowly to start position to the count of 12.</li> </ol> <p><b>MUSCLES in the BACK OF THE LEG:</b></p> <ul style="list-style-type: none"> <li>Gastrocnemius, Soleus, Peroneus Longus and Brevis, Tibialis Posterior, Flexor Digitorum Longus and Flexor Hallucis Longus are all muscles of the calf and work to raise and steady over the body.</li> </ul> <p><b>MAJOR FEET MUSCLES:</b></p> <ul style="list-style-type: none"> <li>Flexor Digitorum Longus, Flexor Hallucis Longus, Peroneus Longus, Peroneus Brevis, Tibialis Posterior, Tibialis Anterior, Flexor Digitorum Brevis, Flexor Hallucis Brevis.</li> </ul> <p><b>Gastrocnemius and Soleus are the major muscles responsible for conducting this exercise.</b></p> <p>Posture is maintained by abdominals, back extensors, Gluteal and Quadriceps. The upper fibres of Trapezius brace the shoulders against the posts.</p> <p><b>Stay Healthy... Keep Fit</b></p>