

Bodyweight Calf Raise

Bodyweight, bilateral, floor, light wall support

WHAT YOU NEED Flat stable floor and a wall for balance

MUSCLES & FEATURES

Primary movers Gastrocnemius and soleus (the triceps surae). Both contribute in the straight-knee standing position.

Assistance and stabilization Foot and ankle muscles help balance and control load. Trunk and hip muscles steady posture.

Lift the heels through ankle movement to train the calves. Two feet on the floor and wall support make the movement easier to control.

HOW TO MOVE

- 1 Rest a hand lightly on a wall. Stand with feet hip-width apart, toes forward and weight shared evenly.
- 2 Stand tall with knees naturally straight. Breathe out and slowly lift both heels.
- 3 Press through the balls of the feet and pause briefly. Keep ankles aligned; do not bounce by bending the knees.
- 4 Breathe in and slowly return the heels to the floor. Keep the forefeet in place, then repeat.

REMEMBER

Heels up and down. Ankles aligned. Lower slowly.

SAFETY

Start with a comfortable height. Stop for sharp ankle or Achilles pain. This guide demonstrates the floor version, without dropping the heels from a step.

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CHECK YOUR FORM IN 2 POSITIONS



01 START

Feet hip-width apart. Use light wall support.



02 RAISED POSITION

Press through the forefeet. Keep knees naturally straight.

RETURN: Keep the forefeet in place and lower slowly until the heels reach the floor.

COMMON MISTAKES & FIXES

- Bouncing with the knees: move through the ankles.
- Rolling onto the outer foot: keep the forefoot stable.
- Leaning heavily into the wall or swaying: use support for balance.

SOURCES & VISUAL REFERENCES

[ACE Exercise Library | Standing Calf Raises - Wall](#)

[NHS | Strength exercises](#)

[Kinoshita et al. \(2023\) | Standing & seated calf training](#)

[YouTube | Howcast - How to Do a Calf Raise](#)

AI-generated model images show separate form references, not a motion sequence. Stabilizer roles include biomechanical interpretation.