

Standing Machine Calf Raise

Bilateral shoulder-pad machine with a fixed foot platform

Key positions



1. Bottom: forefeet supported
Heels remain free



2. Controlled top: heels raised
Forefeet stay supported

Muscles worked

Main muscles

- Gastrocnemius: a primary ankle plantar flexor, active with the knee held nearly straight.
- Soleus: works with the gastrocnemius to plantar-flex the ankle.

What makes it useful

A shoulder-loaded exercise that trains the calves by raising and lowering the heels around supported forefeet. Keep knees and torso steady so the ankles drive the motion. This guide uses a bilateral shoulder-pad machine.

Supporting muscles

- Abdominal, back and hip muscles stabilize torso and pelvic alignment.
- Foot and other ankle muscles support forefoot contact and balance; these roles mainly concern stability.

Movement & technique

Standing Machine Calf Raise | Keep forefeet supported. Raise and lower heels with control.

Before you start

Follow the machine placard and choose a light load. Check dry, secure shoes and platform. Adjust shoulder supports with the load safely supported, secure all pins, and identify the model's safety/rest position before starting.

1 Place the forefeet securely

Stand about hip-width with toes comfortably forward. Support both forefeet, including the big-toe balls, securely at the platform edge, with heels free beyond it. Do not balance only on toe tips or slide the feet.

2 Set the pads and posture

Enter as the model instructs, place both shoulders beneath the pads and hold the handles. Pads contact the shoulders, not the neck. Brace gently, keep knees nearly straight but softly unlocked, and lower heels to a comfortable bottom.

3 Raise the heels smoothly

Exhale and press through the supported forefeet to raise the heels smoothly. Body and shoulder assembly rise together; pause briefly at the top. Keep knees and trunk steady, avoid arching, and maintain forefoot contact.

4 Lower under control

Inhale and lower the heels slowly through the ankles. Keep both shoulders against the pads and return within a pain-free range. Keep feet in the same place; do not bounce at the bottom or drop the load.

Form reminders

- Keep the whole forefoot supported, including the big-toe ball; avoid rolling onto the outer edges.
- Keep knees nearly straight, softly unlocked and at a steady angle.
- Body and shoulder support move together; the platform and main frame stay fixed.
- Use a pain-free range that preserves forefoot contact and body alignment.

Finish safely

- Finish by returning the load to its designed supported/rest position and stop it before stepping out. Never adjust pins or pads under suspended load; keep hands clear of moving parts.
- Stop for Achilles, calf, ankle, knee or back pain, slipping feet or dizziness. Reduce load if steady contact and posture cannot be maintained.

References

1. [Cybex 12120 Standing Calf Manual \(official indexed text\)](#) (kb.cybexintl.com)
2. [ACE - Standing Calf Raises - Wall](#) (www.acefitness.org)
3. [Cybex VR3 12120 Standing Calf - Manufacturer Sheet](#) (s7d2.scene7.com)
4. [ScottHermanFitness - Standing Calf \(movement reference\)](#) (www.youtube.com)