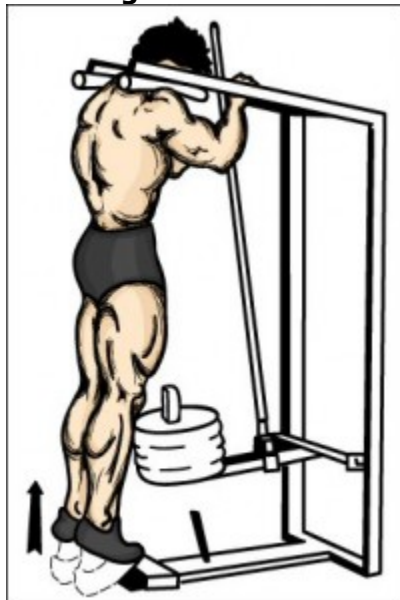


What is a Standing Calf Raise ?

Calf raises is an [exercise](#) in [weight training](#). This exercise primarily works the muscles of the lower leg otherwise known as the [calf](#). The muscles of the calf are called the [gastrocnemius](#) and [soleus](#), making up the upper and lower calf muscles. Calf raises can be carried out in a variety of ways, either seated or standing and by using either free weights or resistance machines.

Standing Calf Raise - Model LB/107



The standing calf raise machine remains one of the most direct exercises for calf development.

Your calves are important to balance the muscle proportion of your legs and even though it takes a long time to build, it is worth the wait.

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