

# ANATOMY OF THE CALVES

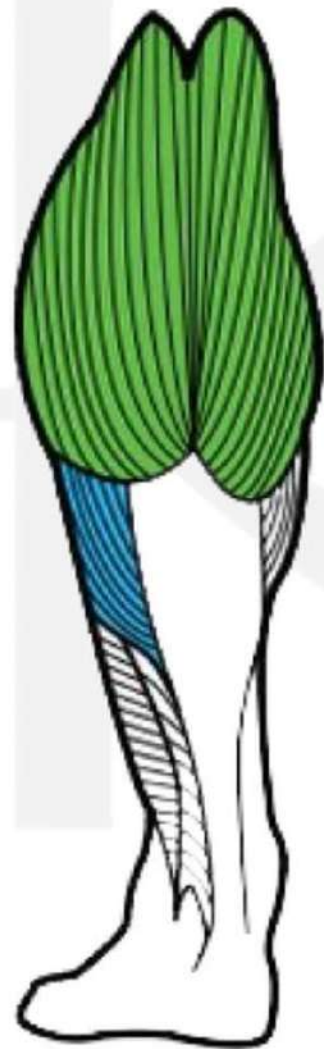
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## GASTROCNEMIUS

This muscle lies on top of the soleus and is primarily involved in running and jumping.

## SOLEUS

This muscle is located on the back part of the leg and helps with standing and walking.



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# GASTROCNEMIUS



**Dumbbell  
Calf Raises**



**Smith Machine  
Calf Raises**



**Seated Calf  
Raises**



# SOLEUS



**Isometric Single Legged  
Dumbbell Calf Raise**



**Isometric Single Legged  
Smith Machine Calf Raise**



**Isometric Standing  
Machine Calf Raise**



# TEAM NO CALVES? NO MORE!

Follow  @healthbykilo

**INNER**



**OVERALL**



**OUTER**



**TOES OUT**



**TOES FORWARD**



**TOES IN**



SAVE FOR  
LATER



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