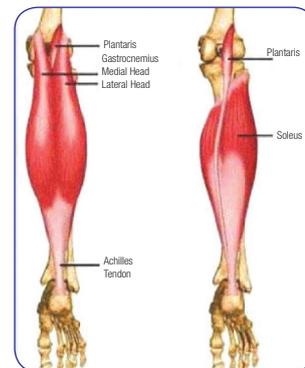


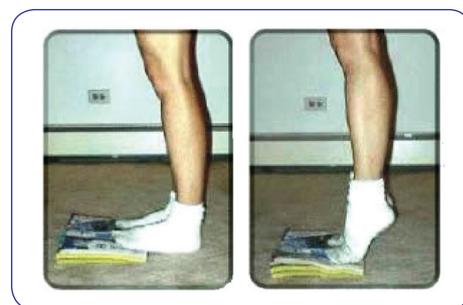
Calves

The Gastrocnemius is the calf muscle that is visible from the outside of the body. It attaches to the heel with the Achilles Tendon and originates behind the knee on the femur, crossing two joints. The function of the Gastrocnemius is to elevate the heel (known as plantar flexion).



STANDING CALF RAISE

- Stand on a block with the balls of your feet
- You should have a comfortable separation between your feet and your toes should be pointing forward
- Start with your heels down as far as possible in a good stretch
- Keep your knees straight and stiff but not locked
- Rise up onto the balls of your feet and squeeze, moving only at the ankles.
- They can be done one leg at a time as well
- This is a more advanced variation for those who have built up some strength in the calves



STANDING BARBELL CALF RAISE

- Position your back under the barbell with both hands at the sides, just like if you were doing squats
- Position your toes and balls of feet on the block with arches and heels extending off and resting on the floor
- Raise your heels by extending ankles as high as possible
- Lower heels by bending your ankles until your calves are stretched
- Repeat
- Keep your knees straight throughout exercise or bend knees slightly only during stretch
- You can also do this with dumbbells in your hands



SEATED CALF RAISE

- Sit on the end of a bench or chair, with a straight back
- Rest a weight across your legs, about three inches above your knee, either using a single dumbbell or bar
- Lift the heel of the foot off the ground as high as possible, holding for a short while before lowering down again to the ground
- For best results, use a platform to rest the balls of your feet on, giving a greater range of movement

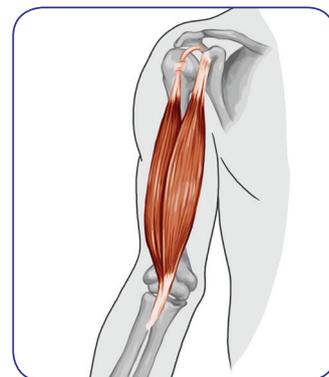


Biceps

BICEP CURL

A great isolation exercise, the bicep curl gives fantastic definition to the upper arm.

- Stand with feet hip-width apart, knees slightly bent and arms by your sides. Start with your elbows slightly bent; hold the weights so that your palms face outwards
- Bend your arms and lift the weights towards your shoulders. Keep your elbows tucked in close to your body. At the top of the movement, flex your biceps to maximise the effectiveness of the exercise. Keep the movement slow and controlled and take care to keep your back straight as you lift the weight



BICEP CURL WITH BARBELL ALTERNATIVE

- Stand with feet hip-width apart and knees relaxed. Slowly raise the barbell to the chest, hold for 1 second, then return to the start position

BICEP CURL WITH FITBALL ALTERNATIVE

- Position a fit ball between your lower back and the wall. Keep your back straight and knees relaxed. Raise and lower the weights as for a bicep curl. Leaning on the ball lengthens the biceps because the elbows come slightly further back than usual; this also helps to concentrate work on the biceps

HAMMER CURL

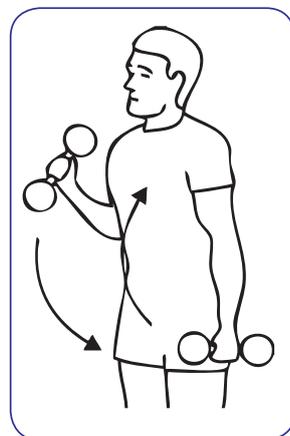
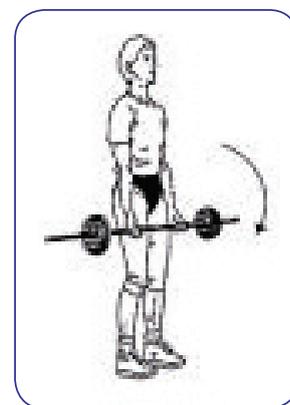
The hammer curl sculpts and tones the outer sections of the biceps and can actually make your arms appear longer.

- Stand with feet hip-width apart, legs slightly bent and arms by your sides. Start with your arms slightly bent. Hold the weights so that your palms face inwards
- Lift the weight towards your shoulders, keeping your elbows tucked in close to your body. Flex the biceps at the top of the movement, then return to start position. Do not allow your body to sway with the movement

SUPPORTED HAMMER CURL

This is an advanced bicep exercise. As the arm is supported by the bench you cannot move your elbow to help lift the weight and all the work is done by the bicep.

- Stand behind a bench that is raised to a 45-55° angle. Keep your back straight, and ensure that your body weight is evenly distributed. Rest the arm with the weight against the elevated bench
- Pull the weight towards your shoulder keeping the upper arm against the bench and maintaining the hammer curl position. Count 2 seconds, keeping the movement slow and controlled. This elongates the bicep rather than giving it a round compact shape



For advice on any of the exercises mentioned in this article please ask one of the Team.

