Calf Muscles, Functions and Exercises:

**Anatomy of the Calf Muscles**

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 *Gastrocnemius* has two heads: the medial and the lateral. When fully developed, these two heads appear to form a diamond shape.

The *Soleus* is not visible when looking at the body from the outside as it lies underneath the *Gastrocnemius* on the rear of the lower leg.

The *Soleus* is most active when doing calf exercises where the knee is bent, such as seated calf raises.

**Functions**

The function of the *Gastrocnemius* is to elevate the heel (known as plantar flexion).

The function is the *Soleus* is exactly the same as the *Gastrocnemius*: to raise the heel. The only difference is that it works in a different position: with the knee bent.

**Exercises**

- Standing calf raises - (*Gastrocnemius*)
- Seated calf raises - (*Soleus*)
- Donkey calf raises - (*Gastrocnemius*)

**Standing Calf Raise Exercise**

That work the *Gastrocnemius* and *Soleus* include:

- Standing calf raises - (*Gastrocnemius*)
- Seated calf raises - (*Soleus*)
- Donkey calf raises - (*Gastrocnemius*)

**The Two Exercise** that you are going to do is Standing Calf Raises, Lungs and Seated Calf Raises. You will 4 set of 8-12 repetition using a light to moderate weight. And before you start your exercise routine warm-up for 10 minutes on the treadmill or stationary bicycles.