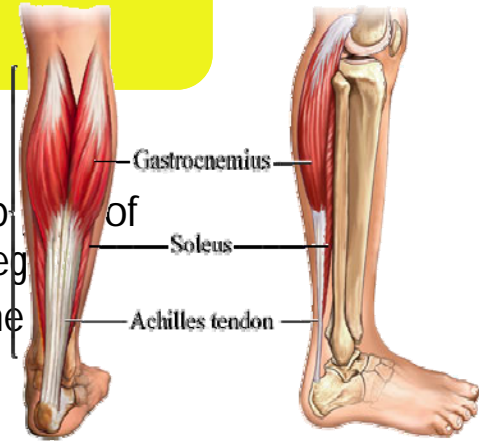


MUSCLE OF THE MONTH

Gastrocnemius



The Gastrocnemius or calf Muscle is located with the soleus and makes up the superficial posterior compartment of the leg. It originates on the posterior surface of the distal head of the femur, and inserts into a common tendon with the soleus muscle. It aids in ankle plantar flexion and knee flexion.



EXERCISES

Calf Raises



Seated



Standing

Pointers

1. Ensure you are standing up straight.]
2. Start by lowering your heels down and stop just before touching the ground.
3. Stand up to your toes.

If you have any other questions please ask any of our staff.

Visit www.trenchhealth.com.au for previous muscles of the month

Resistance training is all about keeping your muscles under tension. Always ensure your repetitions are done slowly and in a controlled manner.