



***The Power Behind Performance®***

## **CALF RAIZ™**

**IMPORTANT INFORMATION  
PLEASE READ AND KEEP**

### **DISCLAIMER**

The following guidelines should be observed when using the Calf Raiz™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Inspect the Calf Raiz™ for damage before each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- The Calf Raiz™ is intended for use only as described in this document. Other uses are not recommended.
- Power Systems Inc. assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of the Calf Raiz™

For more information about the Calf Raiz™  
or other training products and programs, contact:

Power Systems Inc.  
[www.power-systems.com](http://www.power-systems.com)  
1-800-321-6975

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## CALF RAIZ™

The Calf Raiz™ was designed specifically to target the muscles of the lower leg and ankle. It is a single unit consisting of two 2 in. x 2 in. metal supports and one 1 in. x 2 in. metal cross-member. The cross-member has a nonslip surface to keep the feet from sliding. The bottom of the Calf Raiz™ also has a nonslip surface to prevent it from sliding on the floor. The Calf Raiz™ is suitable for use by athletes, seniors, rehabilitation patients, and children.

This guide outlines several different training exercises for use with the Calf Raiz™.

### TRAINING SUGGESTIONS:

1. Daily use of the Calf Raiz™ by seniors will help keep walking muscles strong and improve lower leg circulation.
2. While using the Calf Raiz™, remember to perform high repetitions and limit rest between sets to 15 seconds.
3. The power in these motions should be generated directly from the muscles.
4. When using the Calf Raiz™, some soreness might occur. If this happens, start with less repetitions or sets then gradually increase them.
5. Runners can eliminate the recurrence of shin splints by warming up on the Calf Raiz™.

### EXERCISES

#### 1. Heel Raise

**Starting position:** Stand on the Calf Raiz™ with the feet hip-width apart and the torso erect. Position the balls of the feet on the cross-member. If you need additional support, perform this exercise with a stable object nearby.

**Action:** Keeping the legs straight, contract the calf muscles to raise the heels. Continue to contract the muscles until you are standing on the balls of your feet. Pause for a moment, then return to the starting position and repeat.

#### 2. Toe Lift

**Starting position:** Stand on the Calf Raiz™ with the feet hip-width apart and the torso erect. Position the feet so the heels are resting on the cross-member and the toes are pointing toward the ground. If you need additional support, perform this exercise with a stable object nearby.

**Action:** Keeping the legs straight, contract the tibialis anterior (shin muscle) to raise the toes. This movement will cause your body weight to shift to the heels. Pause for a moment, then return to the starting position and repeat.