

HEELCURVE HOCKEY

CALF RAISE (SLOW TEMPO, 3S UP / 3S DOWN)

EXERCISE MECHANICS

WHAT IT IS

An isolation exercise that strengthens the calf muscles (gastrocnemius and soleus) by performing controlled calf raises with a slow tempo—3 seconds up, 3 seconds down. It improves ankle strength, endurance, and lower leg resilience.

1 START

Stand tall with your feet hip-width apart or on the edge of a step. Keep your core engaged and hold on to a support if needed.



2 RAISE (3S UP)

Slowly raise up onto your toes over 3 seconds, squeezing your calves at the top of the movement.



3 PAUSE

Hold the top position for a brief pause (1 second), keeping your calves contracted.



4 LOWER (3S DOWN)

Slowly lower your heels back down over 3 seconds until you feel a full stretch in your calves.

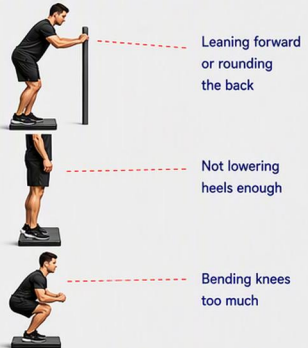
KEY POINTS

- Use a slow tempo: 3 seconds up, 3 seconds down.
- Go through a full range of motion.
- Squeeze at the top and stretch at the bottom.
- Keep your core tight and your body upright.
- Use your arms for balance only if needed.
- Focus on quality reps, not quantity.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Gastrocnemius (upper calf)
- Soleus (lower calf)
- Tibialis Posterior
- Peroneals
- Foot Stabilizers

TRAINING TIPS

- Use as a strength and endurance builder, not just for weight.
- Aim for slow, controlled reps with perfect form and full range.
- Start with bodyweight and progress to added weight if needed.
- Include in lower body or hockey-specific training.