



## 5 CALF TONING EXERCISES

GymGuider.com

Single Leg Calf Raise



4 sets 10 reps

Standing Barbell Calf Raise



3 sets 12 reps

Machine Standing Calf Raise



3 sets 12 reps



3 sets 20 step taps



3 sets 20 step-ups

The 11



With your feet forward, you target a similar amount on both heads of the calves

The Spread



With your toes pointing out, you can target more of the inner calves

I Need to Pee



With your toes pointing in, you can target more of the outer calves

**In order to grow big calves (cows), you must grow both heads of the calves!**

# Lovelier Legs Trimming And Toning Calves And Thighs For Shapely Supple Limbs

**Guillaume Favre**



### **Lovelier Legs Trimming And Toning Calves And Thighs For Shapely Supple Limbs:**

*Ebony* ,1976-11      *Ebony* ,1977-01 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      **More Business Through House Organs** ,1951      Hot Legs Robert Kennedy,Dwayne Hines, II,2006-01-20 A booklet designed for women of all ages Complete leg development is made easy with this booklet as it presents and understandable an orgainzed approach to training      **Supple Workout** Lorna Lee Malcolm,1996 British physiotherapist Mark Bender employs stretching and toning techniques from around the world to show readers how to improve the hips and thighs This is a sensible easy to use plan for reducing toning and firming 120 photos

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