



5 CALF TONING EXERCISES

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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

KJ Lindholm-Leary



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