



## 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

**Hussin A.Rothana**



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

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