



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

Lorna Lee Malcolm



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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