

CALF WORKOUTS

Weeks 1, 2 & 3

2 times per week

Calves	Sets	Reps
45 degree leg raise	3	15
each rep: 3 second hold on top		
hack machine calf raise	3	20
each rep: 3 second concentric (lift), 3 second eccentric (lower)		
smith machine calf raise	3	25
each rep: explode on concentric, 3 second hold on top, 3 second eccentric		
seated calf raise	2	15
each rep: 3 second concentric, 5 second hold on top, 3 second eccentric		

Weeks 4, 5 & 6

2 times per week

Calves	Sets	Reps
one-leg 45 degree calf raise	2	12/side
each rep: explode on concentric, 5 second hold on top		
hack machine one-leg calf raise	2	20/side
each rep: 3 second hold on top		
one-leg seated calf raise	3	25/side
each rep: explode on concentric, 5 second eccentric		

Weeks 7, 8 & 9

2 times per week

Calves	Sets	Reps
donkey calf raise	2	15
each rep: explode on concentric, 5 second hold on top		
smith machine calf raise	3	15
each rep: 5 second hold on top		
45 degree toe raise	3	15
each rep: 5 second eccentric		
toes-out smith machine raise	3	15
each rep: explode on concentric, 3 second hold on top		
toes-in 45 degree calf raise	3	20
each rep: 3 second concentric, 3 second hold on top		

Notes

Exercise Notes

concentric = lifting/pushing weight load; **eccentric** = lowering/releasing weight load

SUPER SET **Supersets** are performed with NO REST in between sets of any given two-exercise routine. As soon as you finish a set of one exercise move quickly to the next exercise and do a set of the second exercise. After this you can rest and then repeat the superset cycle again until you go through the entire sequence (number of sets).