

Exercise Guide for a Sublime Appearance!

Calves Standing



In order to get enough weight on the calves - substantially more than your body weight, as you are carrying that anyway all day – this exercise needs to be done on one leg.

You would start with no dumbbell and then gradually increase the weight. Make sure that the hand with which you are holding on to something for balance is not clenching. One tends to help the movement by pushing the body up using the arm.

At the lowest point the heel is below the level of the platform - make sure the whole front foot is on the platform so that you won't slip - and at the highest point the leg is as stretched as possible.

This exercise is a bit more time consuming as the legs are trained separately, although the breaks don't need to be as long as one leg is resting while the other one is trained. The free foot can be rested comfortably on the back of ankle of the other one.

The breathing is the same as usual. Weight up = breathe out, weight down = breathe in.

Calf raise - Dumbbell	
Number of sets:	3 (each leg), take a rest after both legs have done a set
Number of repetitions:	20 - 30 The weight can't be as high as with a machine. So the number of repetition needs to be higher.
Duration:	8 - 10 minutes
Progress:	Tricky This is a good beginner exercise and 30 is a cut off, otherwise it gets too boring and time consuming. So as long as you can hold a certain weight for long enough increase whenever you can do 30. If the weight gets too heavy you will have to swap to a machine exercise, or just stay on that level for 'maintenance', although then there will not be a lot improvement in shape and mass. You will have to decide on the shape you have reached by then. If you are happy just stick with it.