

Calf Time

Thornton M. from Edison, NJ, sent us his calf workout to review. Here's how we fixed it.

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THORNTON'S OLD WORKOUT

EXERCISE	SETS	REPS
Standing Calf Raise	3	10
Seated Calf Raise	3	10
Single-leg Standing Calf Raise	3	15

M&F RATING: B

OUR ADVICE

Work your calves with higher reps and superset them with toe raises. Just as with biceps and triceps, **TRAINING BOTH SIDES OF THE LOWER LEG WITH NO REST IN BETWEEN WILL DRIVE MORE BLOOD INTO YOUR CALVES, AND ULTIMATELY MORE GROWTH.** When you see how tough and exhausting these are, you'll know you won't need any more work.

THORNTON'S NEW WORKOUT

EXERCISE	SETS	REPS
▶ Standing Calf Raise	3	30
SUPERSET WITH		
Toe Raise*	3	30

* Stand on the floor and simply raise the front of your feet off the floor, balancing on your heels.



QUICK TIP

Alternate foot position for balanced development. Do one set each with toes pointed in, out, and straight.