

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE ULTIMATE CALF WORKOUTS



If you talk to enough people who've built great calves, you'll learn two things:

- ✓ The calves respond particularly well to a combination of low- and high-rep training.
- ✓ The calves can not only recover from very high-volume training—they require it to grow.

These are the best calf exercises for getting thick, diamond-shaped cows as quickly as possible.

CALF WORKOUT A

Rest 2 to 3 minutes in between these sets

Standing Calf Raise

3 sets of 4 to 6 reps

Seated Calf Raise

3 sets of 4 to 6 reps

CALF WORKOUT B

Rest 1 to 2 minutes in between these sets

Calf Raise or Leg Press

3 sets of 8 to 10 reps

Donkey Calf Raise or Standing Calf Raise

3 sets of 8 to 10 reps

CALF WORKOUT C

Rest 1 minute in between these sets

Seated Calf Raise

3 sets of 12 to 15 reps

Standing Calf Raise

3 sets of 12 to 15 reps

And here's how this works:

- ✓ Rest at least one day in between each workout.
- ✓ You can rotate through three different foot positions: toes straight and toes slightly in or out (by about an inch). Each position trains your calves slightly differently.
- ✓ Do your calf sets while you rest. Don't save your calf workout for when you're exhausted and ready to leave. Instead, do your calf sets while you're resting in between your other sets in your workout.
- ✓ Don't forget—full range of motion! At the bottom of a rep, get your heels as low as they'll comfortably go so you feel a deep stretch in your calves. And at the top of a rep, make sure you're up on your tippy-toes with your calves fully contracted.

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