Title: Standing Barbell Calf Raises

Primary Muscle Groups: Calves

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Set up two weight plates on the ground next to each other. Position a loaded barbell across your trap muscles. Step on to the weight plates with the heels of your feet.</li>

<li>With a tight core and flat back, raise yourself up with your feet only. Pause at the top of the raise.</li>

<li>Slowly lower yourself down but do not touch the ground. Raise yourself back up.</li>

<li>Repeat.</li>

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