

GUNNFIT – CALVES & CORE

The “Calves & Core” workout will be performed at the **conclusion** of every other workout.

Calves & Core 1	Calves & Core 2	Calves & Core 3
<ul style="list-style-type: none">• 3 sets of 3 angle calf raises: 30 secs/angle• 3 sets of 20 each side weighted Russian Twists• 3 sets of 25 standing calf raise machine• 3 sets of 10 hanging L or knee raises• 3 sets of 20 sit-ups (with feet anchored)	<ul style="list-style-type: none">• 3 sets of 3 angle calf raises: 45 secs/angle• 3 sets of 10 each side sit-ups with plate twists• 3 sets of 25 standing DB calf raise• 3 sets of 20 each bicycle abs• 3 sets of 25 each flutter kicks	<ul style="list-style-type: none">• 3 sets of 3 angle calf raises: 1 minute/angle• 3 sets of 20 reverse hyperextensions (optional: add weight)• 3 sets of 25 standing calf raise, elevated with Smith machine• 3 sets of 10 each side double-crunches• 3 sets of 20 heel-ups