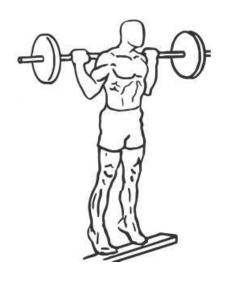
YOUR WORKOUT SPLIT Calves

Exercise 1:



Calf Raises

- 1) Stand tall with feet on ground.
- 2) Raise yourself only using your ankle as a pivot point.
- 3) Pull heels toward ceiling then bring them back down.