

calves *of* steel



30-DAY CHALLENGE
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1 60 calf raises throughout the day	2 20 seconds calf raise hold 2 sets 30sec rest	3 70 calf raises throughout the day	4 20 seconds calf raise hold 2 sets 30sec rest	5 80 calf raises throughout the day
6 30 seconds calf raise hold 2 sets 30sec rest	7 90 calf raises throughout the day	8 30 seconds calf raise hold 2 sets 30sec rest	9 100 calf raises throughout the day	10 40 seconds calf raise hold 2 sets 30sec rest
11 110 calf raises throughout the day	12 40 seconds calf raise hold 2 sets 30sec rest	13 120 calf raises throughout the day	14 50 seconds calf raise hold 2 sets 30sec rest	15 130 calf raises throughout the day
16 50 seconds calf raise hold 2 sets 30sec rest	17 140 calf raises throughout the day	18 60 seconds calf raise hold 2 sets 30sec rest	19 150 calf raises throughout the day	20 60 seconds calf raise hold 2 sets 30sec rest
21 160 calf raises throughout the day	22 1min 10sec calf raise hold 2 sets 30sec rest	23 170 calf raises throughout the day	24 1min 10sec calf raise hold 2 sets 30sec rest	25 180 calf raises throughout the day
26 1min 20sec calf raise hold 2 sets 30sec rest	27 190 calf raises throughout the day	28 1min 20sec calf raise hold 2 sets 30sec rest	29 200 calf raises throughout the day	30 1min 30sec calf raise hold 2 sets 30sec rest