

EPIC CALVES

WORKOUT by DAREBEE @ darebee.com

3 sets | 2 minutes rest



10 high knees

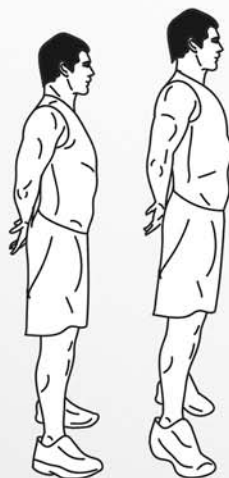
6 calf raises

10 high knees

6 calf raises

10 high knees

6 calf raises



10 high knees

6 calf raises

10 high knees

6 calf raises