

1,000



CALF RAISES

30-DAY CHALLENGE @ darebee.com

split total reps into manageable sets

1 30 calf raises	2 10-count calf raise hold 3 sets 10-count rest	3 35 calf raises	4 10-count calf raise hold 3 sets 10-count rest	5 40 calf raises
6 10-count calf raise hold 3 sets 10-count rest	7 45 calf raises	8 10-count calf raise hold 3 sets 10-count rest	9 50 calf raises	10 10-count calf raise hold 3 sets 10-count rest
11 55 calf raises	12 10-count calf raise hold 3 sets 10-count rest	13 60 calf raises	14 10-count calf raise hold 3 sets 10-count rest	15 65 calf raises
16 10-count calf raise hold 3 sets 10-count rest	17 70 calf raises	18 10-count calf raise hold 3 sets 10-count rest	19 75 calf raises	20 10-count calf raise hold 3 sets 10-count rest
21 80 calf raises	22 10-count calf raise hold 3 sets 10-count rest	23 85 calf raises	24 10-count calf raise hold 3 sets 10-count rest	25 90 calf raises
26 10-count calf raise hold 3 sets 10-count rest	27 100 calf raises	28 10-count calf raise hold 3 sets 10-count rest	29 120 calf raises	30 10-count calf raise hold 3 sets 10-count rest