

Growing Your Calves

To get the calves to grow you need to break through their "function threshold" this does not mean heavy weights or high reps or singles on the donkey calf raise. It means the following:

1. Every time you walk you are performing 100's of partial reps with double your bodyweight. To get a higher threshold you need an exaggerated range of motion
2. Since each foot technically carries your entire bodyweight anytime you walk you need more overload to target the muscle?

To apply this you have to make a directed effort to treat every rep as a set. What do I mean by this? Each rep has to be done with perfect form and exaggerated motion. This means you have to stretch so far down that your heels nearly touch the floor, it also means that you raise yourself on the top of your toes, so high just like a ballet dancer...and when you are up there you squeeze the calves for all its worth, such ***a rep would take you 6-7 seconds to compete*** as compared to an ordinary repetition that would take you 3-4 seconds.