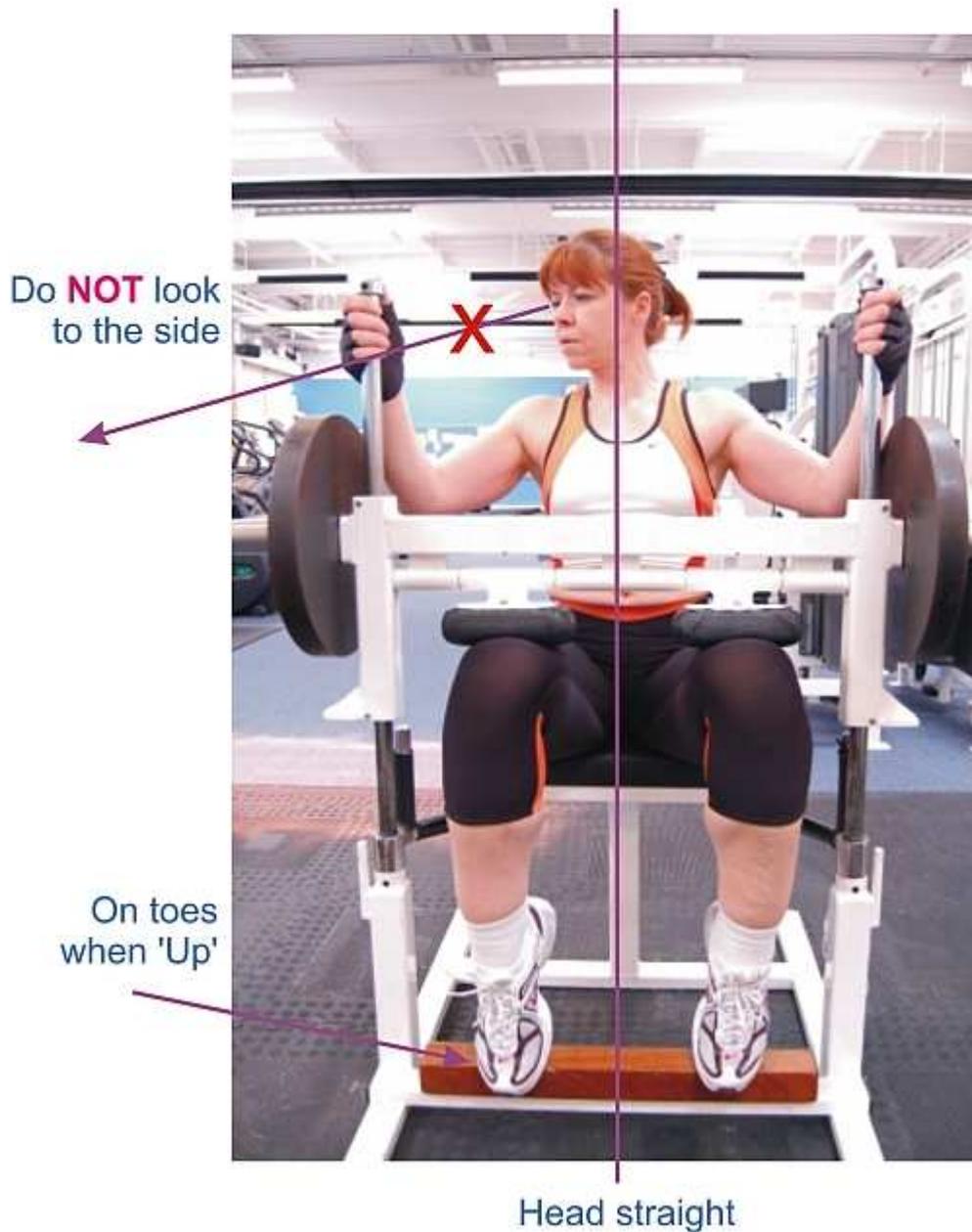


## Exercise Guide for a Sublime Appearance!

### Calves Seated Set Up



I'm not entirely happy with the photos of the seated calf exercise because I have the head turned. At first I thought Babul had taken the shot before I was ready, but then I realised that this is something that happens very easily and since then I saw that quite often in the gym.

When the weight is not positioned in the range of vision when the head is straight one tends to turn the head to see the weight moving. Wrong, wrong, wrong!

The head has to stay straight on the shoulders!

When it is getting heavy every muscle in the body is flexing in order to help the main muscle to get the job done. If the muscles which counter each other (here the two sided of the neck which hold the head in position) are not pulling equally you easily tear a muscle.

That's why I actually have a bit of an obsession with lines and angles. And again - even in the gym a bit of 'Photo Therapy' does good. That is one reason for working out with a partner. Sometimes there are mirrors but they are positioned at an angle to the equipment and one automatically starts looking into the mirror. Really, really try to avoid that! Set yourself up, check the posture in the mirror and then go blind. A lot of exercises I even do with eyes closed. It's like looking inside and visualising what the muscle is doing.

## From Down to Up and Down again

The movement is very simple. The toes are positioned on a raised board and the weight is attached to the pads which are positioned on the lower thighs. Be careful not to put pressure on the knees. Take a deep breath in and lift the heels as high as possible while breathing out. The whole weight is resting on the toes.

While breathing in gently let the weight down and let the heels sink below the level of the toes.

That counts as one repetition.

The movement is rather slow and continuous. The 'down' movement is as important as the 'up' movement. Try to reach the highest and lowest possible point in every repetition. Calves respond very reluctantly to training. They need rather high weights. You will be astonished how much weight you actually can carry with your calves - but imagine your own weight. That is about what they are carrying on a daily basis. So you have to top that. And they need a while until they are starting to burn - and they have to. Calves have a very specific feel, very different from any other muscle when they are trained hard.

After the set I have to move. I'm moving a lot anyway. When exercising to the very last repetition the heart rate goes up and I just have to walk a bit to find a bit of breath again. And calf just make me move - whether I want it or not.

<b>Calf raise - Seated</b>	
<b>Number of sets:</b>	3
<b>Number of repetitions:</b>	15-20
<b>Duration:</b>	5 - 8 minutes
<b>Progress:</b>	When using very heavy weights cut off is 20. Sometimes I feel more like endurance training then I use lighter weight and go up to 30 repetitions. But that is the absolute limit.