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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## **Exercise The Right Way – The Standing Calf Raise**

**By Rick Mitchell**

**Exercise The Right Way – The Standing Calf Raise by Rick Mitchell**

In this article we'll take a close look at the standing calf raise.

MUSCLES TARGETED: gastrocnemius

STARTING POSITION

UPWARD MOVEMENT

DOWNWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

## **Lower Body Exercises For Beginning Bodybuilders**

**By Rick Mitchell**

**Lower Body Exercises For Beginning Bodybuilders by Rick Mitchell**

The muscles of the lower body can be divided into five groups:

3. Gluteals – these are the muscles that make up the buttocks.

5. Calves – these are the two muscles found in the lower leg.

## Exercise The Right Way – The Standing Calf Raise

For beginners these muscles should be exercised as follows:

2. Leg extension – 3 sets of 10–15 reps. This is a useful exercise for adding definition to the quads.
3. Hamstring curl – 3 sets of 10–15 reps. This exercise isolates the hamstrings.
4. Standing calf raise – 3 sets of 10–15 reps. This exercise works the gastrocnemius muscle.

Day 1: Biceps, Back, Abs

Day 2: Hamstrings, Shoulders, Abs

Day 3: Quads, Forearms, Calves

Day 4: Triceps, Chest, Abs

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