

# Your Ultimate Guide To Developing Huge Calves

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## Introduction

Ahh shorts season... Can't you just smell the fresh sea air. This is the time where all of your hard work throughout the winter is finally going to pay off. But you just can't help but ask yourself, " if only I had improved my calves more? "

Their diamond shape is quite fitting as a set of calves seems to be worth every bit as much as their shiny counterparts. Why do I say this? Because it seems to me that they are a rarely developed muscle. In fact, they are somewhat of a mystery because all of us have asked the question, " how can I get these stubborn things to grow?!" Even Arnold himself was befuddled by its complexity. And when he mastered it he became...well in no uncertain terms, unstoppable! Today I would like to, in sections of course, break down this muscles weaknesses and strengths. This is because the first key to victory against any opponent is to find out exactly what these are. Only then can you truly defeat him (your calves)! So without further ado...

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## Strengths

### Recovery Time

This muscles recuperative powers are legendary! They can haul our bodies over stretches that last miles and not flinch! You can work them till failure and they will recover almost instantly! They seem to know this and thrive on it! Almost as if your calves are saying, you can't do enough to make me have to grow!

Our counter attack number one!

Have you ever heard the saying, " don't kick a dog when he's down " ? Pretend that failure is when your calves are down. Now is the time to kick them! See most people stop training calves at failure. Big mistake! This is basically when your set should just begin. In order to go past you need to use several shocking techniques. Techniques we will discuss further into the article.

## The Pain Factor

Your calves are located at the bottom of your body. Because of this, blood easily flows in. We all know how painful an extreme pump can be! Not only this but your calf muscles house an abundance of nerves! Ever been kicked in your calves or shins? It hurts, bad! My point is that if you really want your calves to grow you are going to have to break new pain barriers for every inch you gain!

## Counter Attack

Learn to shut pain off, go into a zone. Also use it as a gauge. Tell yourself before you go into the workout that every time you feel pain in your calves that you are now in the "Growth Zone". When competing in martial arts I would always look for signals of weakness in my opponent. Signs such as heavy breathing or perhaps even an open jaw which is a sign of exhaustion. It was then that I would strike him with all my fury! And his exhaustion would leave him helpless! See I've always prided myself on superior conditioning. Normally when the opponent I was facing was sleeping I was training. So I knew I was in better shape than he was. Think of your calves as your opponent. When you feel them burning don't think of the pain think of the fact that your calves are weak. They are tired and now is the time to strike them with all of your fury!

## You can't see me!

Unlike your biceps, you cannot see your calves while working them. You can only feel them. However, like the biceps, you need to get a huge peak contraction on each rep if you really want them to grow.

## So what if you can't see them!

Your feet should be positioned with your heels a little wider than your toes. It is very important that the pressure of the movement is directly on your big toe. You only get a full contraction of the calf muscle if you roll forward, putting your weight right onto your big toe---which feels as if you're turning the movement inward rather than going straight forward. The natural tendency doing calf raises is to roll outward onto the other four toes, turning your ankle as you do the movement. But when you do calf raises like this you can't totally peak the calf muscle, which means you end up losing training intensity."

You can compare peaking the calf muscle to getting a full peak contraction of the biceps. You can crunch your arm as hard as you want, but unless you supinate (twist your wrist, bringing your little finger around toward the centerline of your body) you won't see a full peak on the biceps.

## Calves are really a neglected muscle

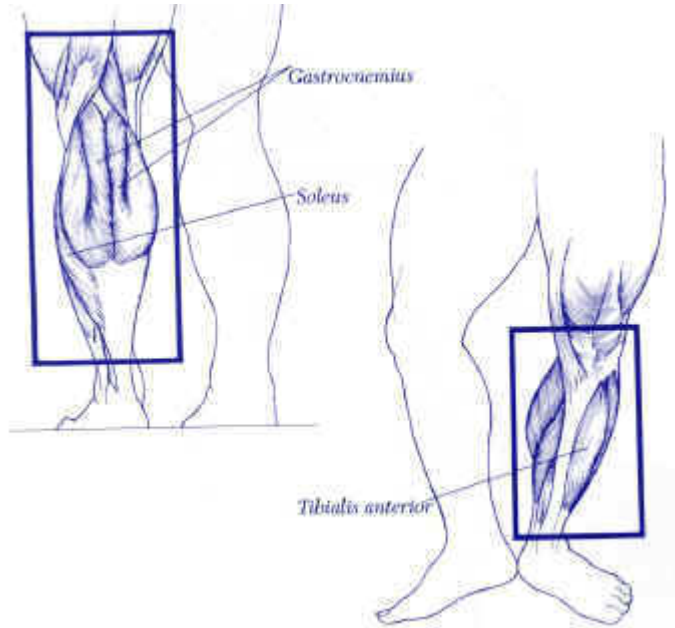
Ok, I'd like to ask you a question. Can you honestly say that over the past year that you gave your calves as much attention as you gave your arms and chest? When my calves were not up to par with my arms I asked myself the same question and my answer was an easy no. I would just throw in a couple sets of calf raises after I worked my legs. Now I know genetics have a key in all muscle groups, but how many of us have overcome poor chest or arm genetics with a lot of hard work and dedication? What I am trying to say is that I feel that several poorly developed calves are more related to a lack of concentration and intensity than they are to genetics. And by consistently plugging away at these muscles you are going wake up one morning, look down and be in shock at how consistency can effect the growth of a muscle group. There was something that was said in the forums that really motivated me. Adam said, "I don't care what it takes to build huge calves, in fact I set aside an entire workout just for them! "

## Weakness

Small muscle

Common now. The calf muscle is so unbelievably small! Anything that size can be beat, I don't care how tuff it is! Tell yourself that you refuse to submit to a muscle as small as your calves.

## Anatomy



Now if we study this muscles anatomy, you will notice how extremely complex it is.

**Gastrocnemius:** This is the meat of the calf muscles. If you notice it is split into two heads. Much like the bicep muscles. The main exercises for this are standing calf raises, donkey calf raises and calf raises on the leg presses. As I mentioned before it is extremely vital to get a peak contraction in each rep! This is the only way you are going to create that peaked and fully conditioned look in your calves.

**Soleus:** This is the lower part of the calf. Working this will help to widen your calves and create separation up the middle, almost splitting the gastrocnemius into its diamond shape. The main exercise which emphasizes this is the all powerful seated calf raise.

**Tibialis anterior:** Its funny because you rarely see people working this muscle. Yet it is half way responsible for making your calves look absolutely massive from the front! The main exercise for this is reverse calf raises. Believe me when you see the gains you get from this exercise you will learn to love them. However their is a special and unorthodox method I will explain that is essential to this exercise!

**Our Weapons of Warfare!**

Lets Look at the weapons we have at our disposal! Standing calf raise machines, seated calf raise machines and a list of shocking methods that is long enough to sink a muscle as great as the quadriceps! Don't get intimidated by your calves, because when it comes down to it, its really simple. If you shock a muscle enough it will have no choice but to grow! I don't care how bad your calf genetics are! Lets go into further detail shall we...

### **The Element of Surprise**

This my friends is our main advantage. Surprise! No muscle, no matter how stubborn can stop growing if it never has a chance to adapt to a certain stimulus! I believe that you should change your routine not every three weeks but every workout for your calves! See if they don't grow after that! Examples of this would be to just stick with standing calf raises and reverse calf raises for a week and then to switch to the seated calf raise machine for a week. Or say I use volume training one week and strip sets the next. Anything that will keep your calves from going stagnant on you. A great way to measure if your calves have adapted is if you stop experiencing soreness the next day. Either you need to change your routine or up your intensity during your workouts! But if you haven't shocked them to the point of soreness they are not going to respond well on the growth scale.

### **Rest Time is Vital!**

This is an intensity method that is extremely overlooked. For example your chest and legs need more rest in between sets. But if you slip and give your calves too much time to recover you will have lost the battle against them! This is extremely vital! I only rest a minute in between sets. Basically just enough time to mentally prepare yourself for another set. This is because if you let too many muscle fibers recover from the previous set all you will end out doing is to use them over again instead of taping into new ones. Calves along with forearms are the quickest recovering muscles in our bodies.

### **Blood Pump**

As mentioned earlier this is a gage of growth. See calves will not be forced into growth unless you work well beyond the burn. Think of it this way, rack out reps but when you feel a deep burning sensation in your calves you know you have entered the growth zone! The deeper you journey into this zone the farther your gains will be! Otherwise use the sensation of pain as a gauge. If you stop right when the pain begins don't look for any gains in your calves! If you push yourself as deep as you can into this zone then you will be sure to see major growth! I have pushed myself so far into this zone that I believe I popped blood vessels in my tibia. This is because I could see a small part of my tibia actually pulsating after I was done with my workout! But guess what I got major growth from that workout! If you can walk 100 percent straight after a calf workout then you simply didn't work them hard enough.

### **Partial Repetitions**

As I just stated the farther you journey into the pain zone the further your gains will be with your calves! Partial repetitions are by far my favorite method of continuing

this journey. So after you reach failure on your set and you can not manage another full rep you can continue the set with several partial reps, lifting the weight only half way up and perhaps only a fourth of the way up, the burn in your calves will be tremendous and you will shock them into sure growth!

## **Strip Sets**

Can you think of a better method for shocking the calves into growth? Remember when I said that you need to kick a dog when he's down? Well using the strip set method you will take this concept to another level! The following 8 week program will feature this method of training, so get ready to break your pain barrier cause this is going to do the trick! Personally nothing has produced better growth in my calves or people I've trained then this.

## **Intense Stretching**

As mentioned before intense stretching actually increases muscular hypertrophy over time. To me the absolute best time to stretch is actually after you have finished your set and your calves are on fire! So lets say that I just finished a triple drop set on the standing calf raise machine. I will leave my calves in the stretched position on the machine for about 30 seconds. This is extremely painful as it will actually intensify the already existing blood pump! But it will stretch the muscle fibers to new levels giving them more room to grow! Also the benefits of keeping your muscles flushed with blood are absolutely incredible! Trust me you will have to grit your teethe on with this shocking method!

## **Conclusion**

My goal here was to cover the fundamentals of calf training. Let's recap shall we.

1. It is important that you understand the calves strengths and weaknesses.
2. Your Feet should be positioned with your heels a little wider than your toes and you should roll onto your big toe for every rep for a complete contraction.
3. Only rest a minute in between sets
4. Remember your calves do not start growing until you feel them burning.
5. In order to intensify the burn, use shock methods such as partial reps and strip sets.
6. Change your workout routine every week for maximum results.
7. Use intense stretching to increase hypertrophy, flexibility and intensity of a set.
8. As Adam said, make sure that you give your calves the proper amount of attention if you really want them to grow.

And that my friends are the fundamentals of calf training. Our next article will cover your first 8 week program to attack these muscles. You can access the workout by [clicking here.](#)

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