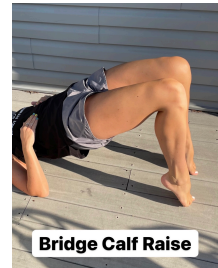


Gabby Miller's September Calf Challenge

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- Week One: **Regular Raises** / Week Two: **Toes IN Raises** / Week Three: **Toes OUT Raises** / S.L.= Single Leg
- The challenge must be completed in its ENTIRETY in order to receive the prize listed below
 - PRIZE: \$10 Personal Training Gift Card** to use for yourself or a friend/family member



| <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> | <u>Monday</u> | <u>Tuesday</u> |
|---|---|---|-----------------------------------|---|---|---|
| Day 1: Regular Calf Raise 30 reps | Day 2: Regular Calf Raise Pulse 30 reps | Day 3: Regular Calf Raise Hold 30 seconds | Day 4: REST DAY | Day 5: Regular S.L. Raise 20 reps each | Day 6: Regular S.L. Calf Pulse 20 reps each | Day 7: Regular S.L. Calf Hold 20 seconds each |
| Day 8: Toes IN Calf Raise 30 reps | Day 9: Toes IN Calf Raise Pulse 30 reps | Day 10: Toes IN Calf Raise Hold 30 seconds | Day 11: REST DAY | Day 12: Toes IN S.L. Calf Raise 20 reps each | Day 13: Toes IN S.L. Calf Pulse 20 reps each | Day 14: Toes IN S.L. Calf Hold 20 seconds each |
| Day 15: Toes Out Calf Raise 30 reps | Day 16: Toes Out Calf Raise Pulse 30 reps | Day 17: Toes Out Calf Raise Hold 30 seconds | Day 18: REST DAY | Day 19: Toes Out S.L. Calf Raise 20 reps each | Day 20: Toes Out S.L. Calf Pulse 20 reps each | Day 21: Toes Out S.L. Calf Hold 20 seconds each |
| Day 22: Calf Raise – Hold 30 reps – 20 sec | Day 23: Calf Raise- Pulse 30 reps – 20 reps | Day 24: Raise-Pulse-Hold 20- 20 -20 sec | Day 25: REST DAY | Day 26: Sumo Calf Raise 20 reps | Day 27: Bridge Calf Raise 20 reps | Day 28: Side Lunge Raise 20 reps each |
| Day 29: Walking Calf Raise 60 seconds | Day 30: Regular- In- Out 20 reps each | | | | | |