



THE SECRET TO BUILDING KILLER CALVES

By Kristen Damian

Is there a secret to building thick, defined heart-shaped calves, or does genetics limit that ability.

Well, the truth is, genetics do play a role to an extent. But for those of you who weren't blessed with killer calves or genetics, there is hope.

The secret, is to mix and match the right training techniques to meet your individual needs.

If you weren't born with large gastrocs (gastrocnemius- the upper muscle of the calf region), you'll need to perform straight leg calf exercises. Using predominately heavy weight. Since heavy weight targets fast twitch muscle fiber, and since the gastrocs are primarily that fiber type, you will get more growth with heavy weight. Don't forget though, that the gastrocs do contain some slow twitch muscle fibers, so you will need to do some repetitive movements as well to maximize effectiveness.

The second muscle that makes up the calf, the soleus, is a flat muscle that attaches to your Achilles tendon and is underneath the gastrocnemius. It is primarily a slow twitch muscle and is trained best using bent knee movements like the seated calf raise. The soleus is best trained doing repetitions but again, to maximize effectiveness, train heavy occasionally

For size, training on calf machines is not enough. In addition to training calves twice per week, you probably

want to incorporate plyometric training, jumping rope being the most popular form of plyometrics.

Try to jump rope for at least one minute, then take a 30 to 60 second break before

of injury.

Also, it is very important to obtain a full range of motion while performing the exercise. Drop your heels as far down as possible, and as high up as you can go with your toes extended, pushing with the balls of your feet.

In addition, you must perform each rep slow and controlled, without bouncing at the bottom.

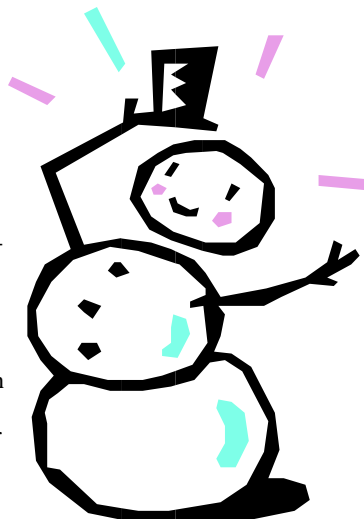
I suggest training under-developed calves twice per week, with a 72-hour rest period in between.

Try different exercises, and vary your routine every time. My favorites include the Atlantis Calf Raise, the Icarian Standing Calf Raise, the Icarian Seated Calf Raise and the Icarian Donkey Calf Raise.

But you can also get creative and do calf raises on the leg presses as well as standing one- leg, holding a dumbbell.

For definition, as well as building muscle strength and endurance, a great technique is to dropset. Start at a heavy weight, dropping the weight until completing 30 reps.

So for those of you who aren't genetically gifted, after trying these "secret" training techniques and persevering until your calves are as big and defined as you want, you can be proud that your calves were earned and not given!



Happy Holidays!

starting over. It's that constant pressure on the calf muscles that will give you size.

When training calves for size as well as definition, you want to utilize a variety of calf machines. I recommend performing three sets, with a medium to heavy weight for 15 repetitions. The last set should be almost unbearable. They should be really burning.

Do four different exercises, performing three sets on each. It is vitally important to stretch both calves for at least one minute before and in between each set. Stretching does play a role in developing size as well as reducing the risk

Special points of interest:

- *Bent knee calf exercises work the soleus.*
- *Straight leg calf exercises work the gastrocnemius.*
- *Combine plyometric training with resistance training.*
- *Train calves twice per week.*

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Inside Story Headline



Caption describing picture or graphic.

Inside Story Headline

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can

choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.



Why Hire A Personal Trainer?

by David Kozinski

David is an ACSM, CSCS, ACE, certified trainer who has been training for over 15 years.

Here are a few reasons why he feels that people should consider hiring a personal trainer to develop, implement and update their workout routines. If you can answer yes to any of the following statements, a personal trainer is for you!

** I do not have the knowledge necessary to train effectively to get results and/or eliminate injury, nor do I have the nutritional knowledge to design an*

appropriate eating program to get results.

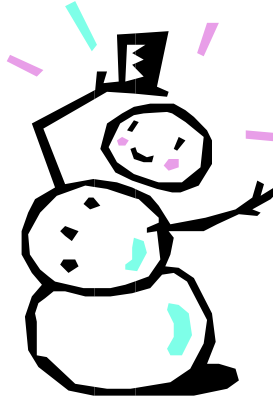
** I am totally out of shape (overweight, fatigued or lacking strength).*

** I need assistance in changing my routine because*

** I am no longer seeing results.*

** I need help establishing obtainable goals and guidance in developing a routine to see these results because*

** I am a beginner to the world of exercising properly.*



Caption describing picture or graphic.

** I am recovering from an injury or have a diagnosis that needs special exercises to prevent further problems from occurring.*

** I need constant motivation because I always talk myself out of exercising or do I not have the drive to work hard enough when exercising by myself.*

** I haven't seen any changes in my body on a monthly basis like I would with a trainer.*

No Side Effects Found With Creatine

While athletes buy creatine by the truckload, a worry about the potential side effects has nagged it's users since it's introduction in 1993. Sure, many studies show that the stuff increases muscle mass, speeds recovery

from intense exercise, improves muscular endurance, and increases sprint speed. But, what are the downsides? With no scientific evidence to support the claims,

“Creatine use did not increase blood pressure, creatine kinase or creatinine. (The two markers of kidney and muscle damage”.

urban legend spreads linking creatine with the death of college wrestlers, high blood pressure, and kidney damage. Scientists are finally starting to study creatine's potential side effects. A well -controlled from Mark Tarnopolsky's

laboratory at McMaster University In Canada showed that taking 20 grams of creatine monohydrate for five days increased fat free weight (largely muscle

weight) and total weight. Creatine use did not increase blood pressure, creatine kinase or creatinine. (The two markers of kidney and muscle damage). The authors that short term creatine use poses no problems for young adults with normal kidneys. While more studies are still in progress, creatine appears to be an effective and safe substance for athletes. (Med Sci Sports Exerc 32: 291-296, 2000)

Exercise Increases Sexual Prowess

Fit people are better in bed. They are more comfortable with their bodies, which makes them more open to exploring the nooks and crannies of the sexual playground. Because they are more in touch with their physical side than are sedentary people, they tend to be less inhibited and more likely to enjoy themselves. Exercise makes the sex organs work better. Training improves blood flow regulation throughout the body- in the sex or-

gans as well as the heart, lungs, and skeletal muscles. Fit people have less sexual problems. In fact lifestyle is the single most important factor when assessing impotence risk factors, and physicians often recommend exercise when treating impotence in men and orgasm problems



Caption describing picture or graphic.

in women. Exercise also will help endurance which in turn will keep you going and going and going, just like the Energizer Bunny. Also, you can improve your sexual skills by increasing pelvic strength and flexibility. (efit.com, Feb. 1, 2000)

Newsletter

Body Design
14550 S. Military Tr.
Delray Beach, FL 33484

Phone: 561-638-4404
Fax: 561-638-4405
Email: info@betterbodyz.com

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"Plan for healthy results"

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the readers attention. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a

regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.