

# BEGINNER CALF RAISES CHALLENGE

DAY 1 - 10 RAISES

DAY 2 - 12 RAISES

DAY 3 - 14 RAISES

DAY 4 - 16 RAISES

DAY 5 - REST

DAY 6 - 18 RAISES

DAY 7 - 20 RAISES

DAY 8 - 22 RAISES

DAY 9 - 24 RAISES

DAY 10 - REST

DAY 11 - 26 RAISES

DAY 12 - 28 RAISES

DAY 13 - 30 RAISES

DAY 14 - 32 RAISES

DAY 15 - REST

DAY 16 - 34 RAISES

DAY 17 - 36 RAISES

DAY 18 - 38 RAISES

DAY 19 - 40 RAISES

DAY 20 - REST

DAY 21 - 42 RAISES

DAY 22 - 44 RAISES

DAY 23 - 46 RAISES

DAY 24 - 48 RAISES

DAY 25 - REST

DAY 26 - 50 RAISES

DAY 27 - 52 RAISES

DAY 28 - 54 RAISES

DAY 29 - 56 RAISES

DAY 30 - 60 RAISES

NOTE: CONSULT YOUR DOCTOR BEFORE STARTING AN EXERCISE ROUTINE.

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# BEGINNER CALF RAISES CHALLENGE

DAY 1	- 10 RAISES	DAY 16	- 34 RAISES
DAY 2	- 12 RAISES	DAY 17	- 36 RAISES
DAY 3	- 14 RAISES	DAY 18	- 38 RAISES
DAY 4	- 16 RAISES	DAY 19	- 40 RAISES
DAY 5	- REST	DAY 20	- REST
DAY 6	- 18 RAISES	DAY 21	- 42 RAISES
DAY 7	- 20 RAISES	DAY 22	- 44 RAISES
DAY 8	- 22 RAISES	DAY 23	- 46 RAISES
DAY 9	- 24 RAISES	DAY 24	- 48 RAISES
DAY 10	- REST	DAY 25	- REST
DAY 11	- 26 RAISES	DAY 26	- 50 RAISES
DAY 12	- 28 RAISES	DAY 27	- 52 RAISES
DAY 13	- 30 RAISES	DAY 28	- 54 RAISES
DAY 14	- 32 RAISES	DAY 29	- 56 RAISES
DAY 15	- REST	DAY 30	- 60 RAISES

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