

GALVES 2.0

W R I T T E N B Y K A I G R E E N E

The lights flicker arrhythmically across a stone wall.

Ominous humming echoes across the solemn halls.

You've been searching for them across three continents and two decades. None beyond their grips have ever gone this far.

You can hear the cracking of ancient gilded pages. The ceremony is about to begin.

You grip down on the moss-covered stone and begin to crawl. You'll need a better vantage point to see the entire ceremony.

This is the inauguration of the newest group. There are captains of industry, presidential hopefuls, heirs, and heiresses. Each of them tugs on the strings of modern society and you're about to view the strings.

The hooded figures below you are the unseen bedrock that prompts. They are rocks upon which modern society is built. Each law, regime, and economic policy must first be sifted through their ranks for approval.

You were just a beat nick reporter, picking up the routine stories of crime and corruption. That was until you discovered a long string of clues pointing to a secret world order. You tugged on the string and slowly the whole world unraveled into this one, twisted mess.

Suddenly you see it.

The image you've seen etched in back alleys and painted upon cathedral domes.

The leaders rise on their toes and the crowd goes silent.

You bring out your sketch pad and begin to illuminate what you see. Markings, clothing, faces, anything in view must be documented. This is the only chance to prove of the covenant's existence. You begin to scrawl on paper with your charcoal pencil, hoping the sounds of your erratic sketching are drowned out by their ominous hums.

Then the tip snaps. You hurriedly rush to grab another pencil when your bag spills open. You manage to collect the majority but then you see it.... For a brief second a black pencil catches the light and falls off your ledge.

Tik tik The pencil hits the cobbled floor below. Suddenly the humming stops.

The leaders look up at the balcony and find no one. They return to their initiation.

That was close. You'll need to be more careful if the world is to learn the ways of...



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THE COVENANT'S MOVEMENTS

You've been able to navigate the twisted, convoluted, and often misleading path of the calf covenant thus far. You are aware that the calves are important for propelling your foot up and down as well as assisting in knee extension. However, as you will soon show the world, there is much more to the calf than what you think. Calf plays a vital role in foot movements that allow you to push off the ground and navigate difficult terrain. On the next page we will cover the different movements that calf contraction can elicit from the ankle and foot.



THE COVENANT'S MOVEMENTS

Plantarflexion:

Plantarflexion is the action of pointing your toes down away from your shin.

Major Muscles involved:

Gastrocnemius, soleus, plantaris, and tibialis posterior



Dorsiflexion:

Dorsiflexion is the action of pointing your toes upwards towards your shin.

Major Muscles Involved:

Tibialis Anterior



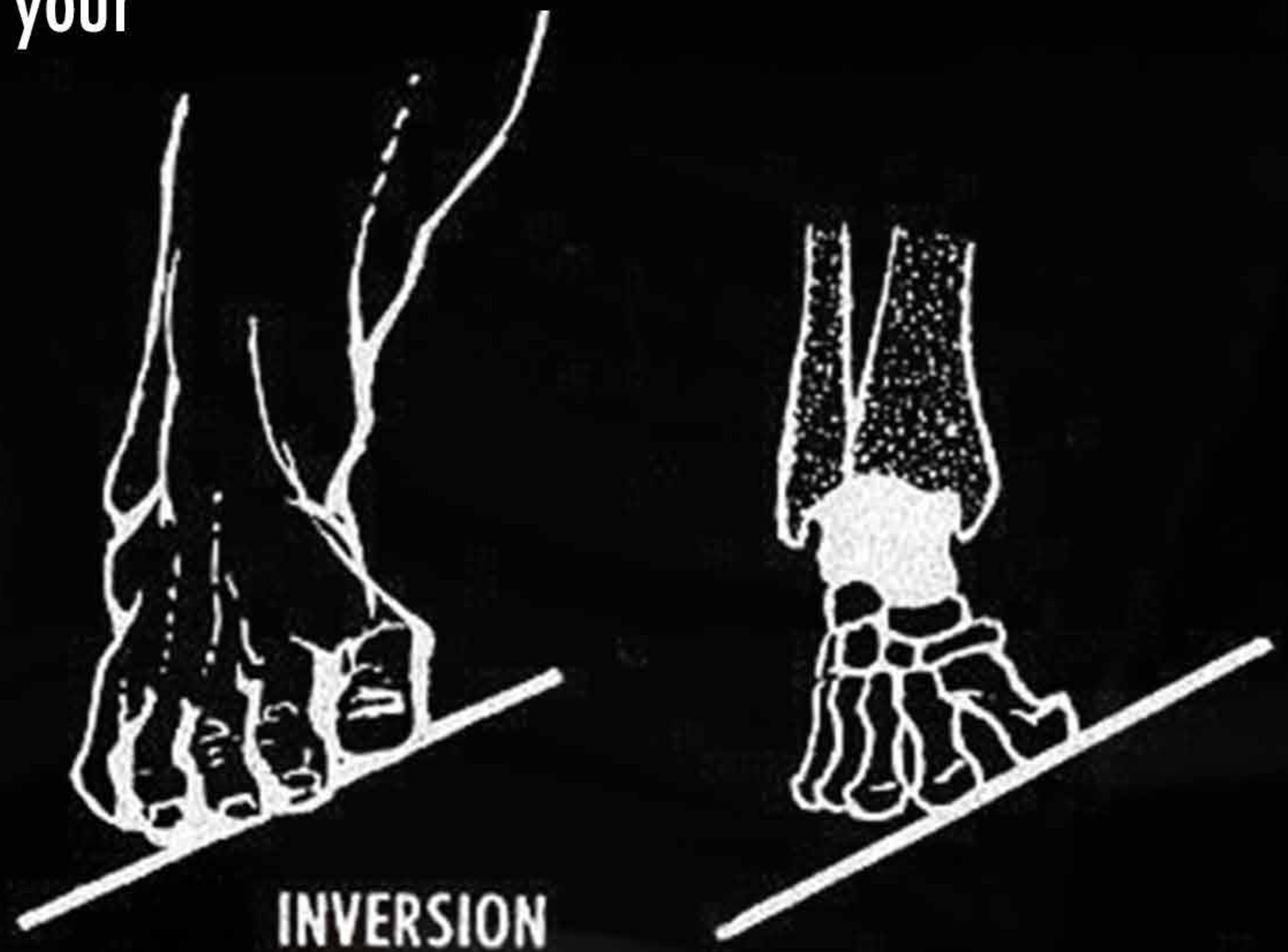
THE COVENANT'S MOVEMENTS

Inversion:

Plantarflexion is the action of pointing your toes down away from your shin.

Major Muscles involved:

Gastrocnemius, soleus, plantaris, and tibialis posterior



Eversion:

Dorsiflexion is the action of pointing your toes upwards towards your shin.

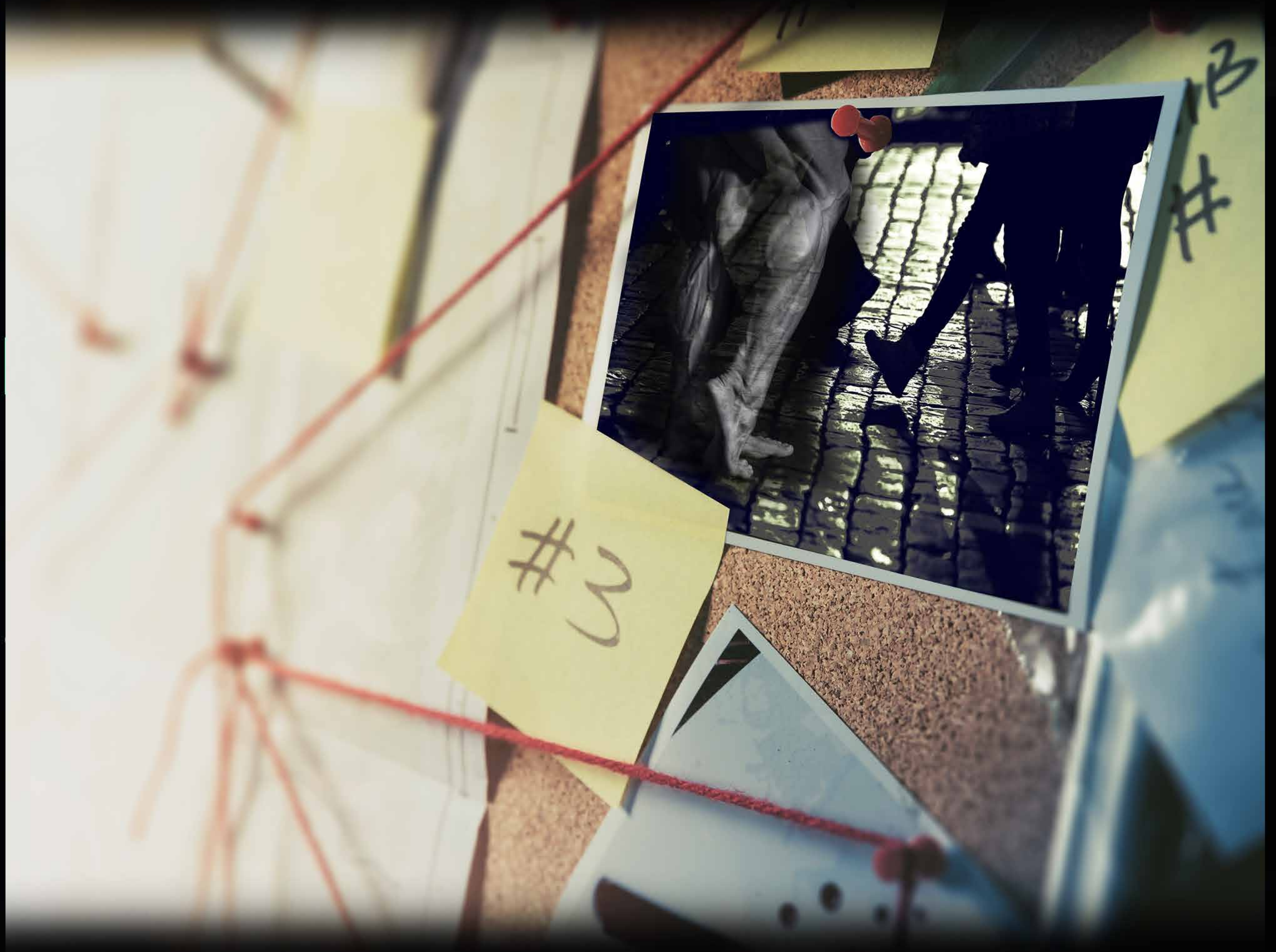
Major Muscles Involved:

Tibialis Anterior



ELITE WORSHIPPERS

The whole world knows of the gastrocnemius, the soleus, and the plantaris. These are the giant, superficial players that the world sees. The average individual believes that nothing lies beneath the surface, that these calf muscles control the entirety of the movements. However, your journey has taught you the importance of what runs beneath the surface. Below we will examine the deep muscles, those beneath the larger superficial muscles, that allow the covenant of the calf to grow.



ELITE WORSHIPPERS

Fibularis Longus:

The fibularis longus originates on the upper portion of the fibula and inserts onto the medial cuneiform (the first and largest of the wedge like cuneiform bones of the foot) and the first metatarsal bone. This muscle aids in plantar flexion and foot eversion. Furthermore, this muscle helps support the transverse arch.



Fibularis Brevis:

The fibularis brevis muscle originates from the lower two thirds of the fibula. It then inserts into the base of the 5th metatarsal bone. This muscle sits beneath the fibularis longus. This muscle works along with the fibularis longus on both the upper and lower ankle. The tendinous attachments to the upper ankle allow you to depress the foot (plantar flexion) and contraction of the lower ankle attachment depresses the medial side of the foot and raise the lateral side (eversion).



ELITE WORSHIPPERS

Flexor Hallucis Longus:

The flexor hallucis longus muscle originates from the back of the middle third of the fibula. The muscle then runs behind the back of the tibia, passes under the foot to insert onto the base of the phalanx of the hallux (the big toe). Contraction of the flexor hallucis longus muscle provides plantar flexion and flexion of the big toe.



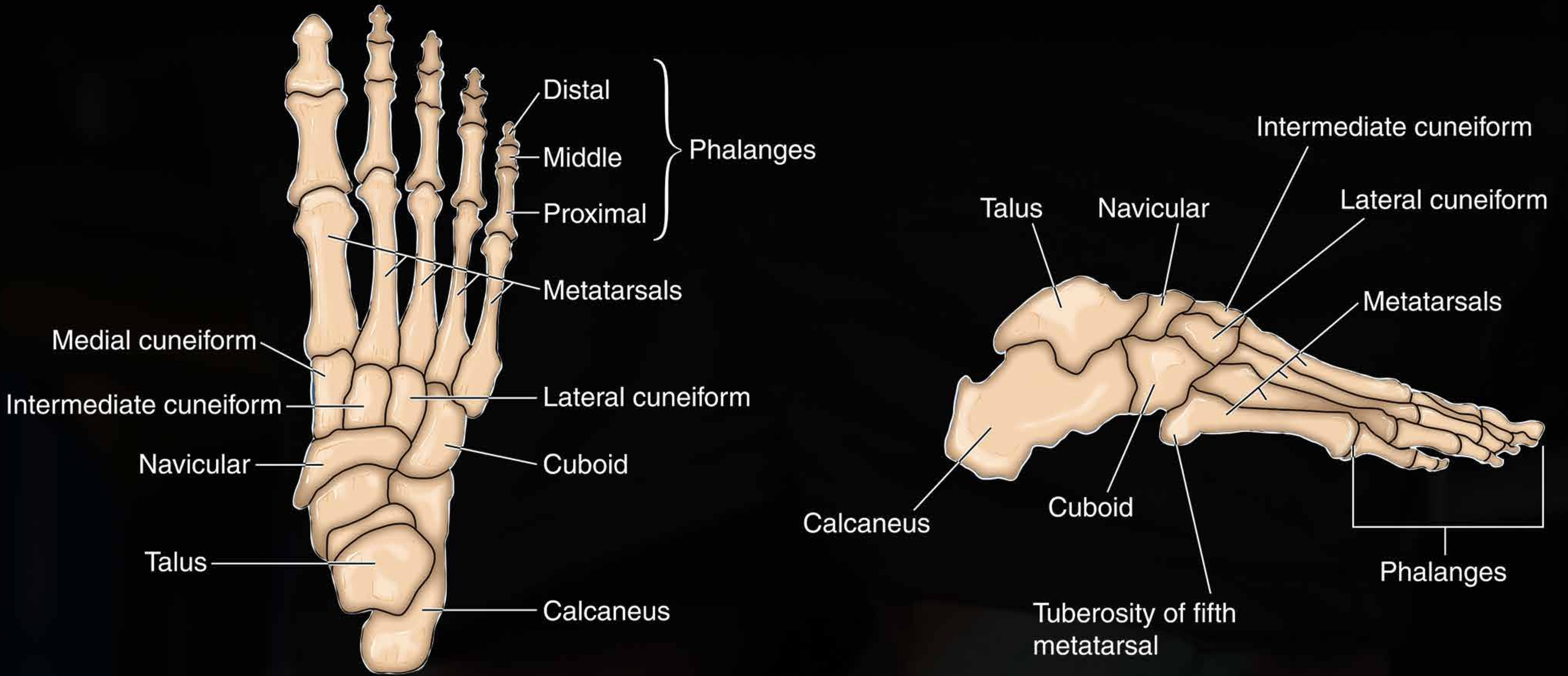
Flexor Digitorum:

The flexor digitorum longus muscle originates on the back of the tibia. This muscle runs down the center of the back of the lower leg. This muscle inserts into the toes II, III, and IV (the toe next to the big toe to the toe next to the pinky toe). Contraction of these muscles allow the flexion of toes II, III, and IV.



ELITE WORSHIPPERS

Bones of the foot:



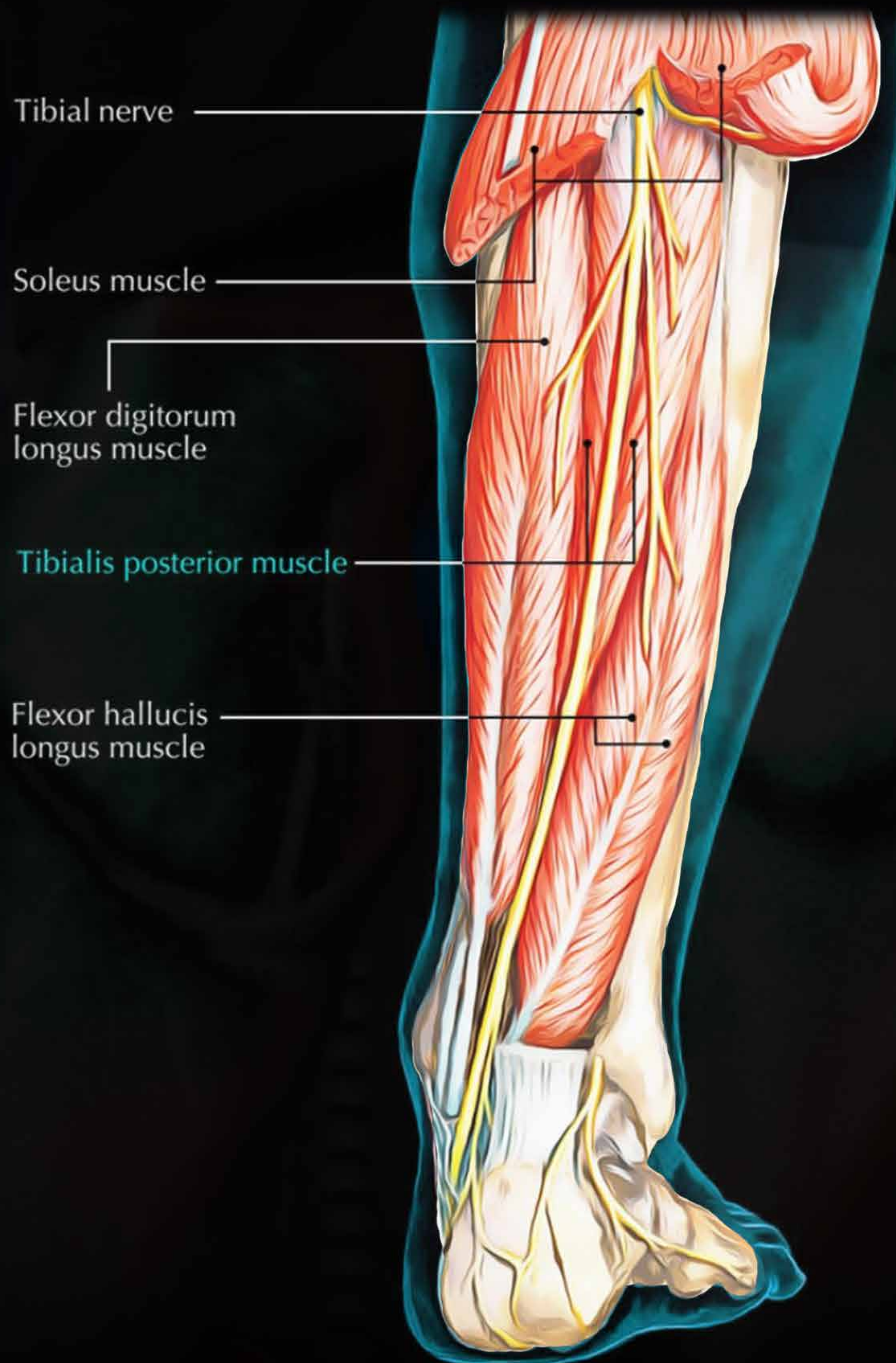
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ELITE WORSHIPPERS

Tibialis Posterior:

The tibialis posterior originates from the back of the tibia and fibula as well as the interosseous membrane (fibrous tissue that sits between the tibia and fibula). The tibialis posterior muscle inserts into the undersides of the navicular (a square-like bone behind the largest cuneiform bone) and medial cuneiform bones. Contraction of the tibialis posterior provides inversion and plantarflexion.



THE COVENANT'S SECRETS

The covenant itself is mired in contradicting stories. People have attempted to follow your path before and returned with conclusive evidence that the covenant is a hoax. It is merely a figment of an active imagination. A relic of the human propensity to see patterns where there are none.

Yet, before your eyes their secrets unfold. The problem is that far too many seekers are discouraged by ineffective results. They will take a few steps, do a few reps, hoping to discover the covenant. Unfortunately, the covenant must be coaxed out of hiding.



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THE COVENANT'S SECRETS

The only way to reveal the calves is to perform high volume training to force growth in the muscles. The calves have a very short range of motion, often exacerbated by bouncing the weight during quick reps. You will need to maximize your time under tension, move through the entire range of motion, and perform significant volume to create hypertrophy.

The volume should be spread out over the week to increase your muscular response to training and raise overall volume. That means that you should aim to train calves at least 4 times per week. Foam roll the back and sides of your calves along the entire length of a muscle. Roll each side of the calf for 2 to 4 minutes to increase blood flow, prevent injury, and prepare yourself for the next calf workout.



THE COVENANT'S METHODS

TOES ELEVATED STANDING CALF RAISE

HOW TO PERFORM THE MOVEMENT:

1. Place a platform or plate on the ground, near a fixed surface. The platform should be at least several inches off of the ground. You may choose a squat rack or machine rack to keep you steady.
2. Place the balls of your feet upon the platform. Holding onto the platform, slowly lower your heels down until you feel a complete stretch. This will be your starting position.
3. Raise your heels up completely until you feel a complete contraction of your calf. Hold this position for 1-2 seconds.
4. Slowly lower yourself over 1-2 seconds back to the starting position.
5. Repeat for the desired amount of sets and reps.

COMMON MISTAKES:

Not performing a complete stretch. You've gotten so far on your hunt of the covenant that you want to run and scream the truth yesterday. You must remember that patience is the virtue which got you here and only patience can carry your mission to completion. Take your time and allow a full stretch to maximally work the muscle.

THE COVENANT'S METHODS

TOES ELEVATED STANDING CALF RAISE



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THE COVENANT'S METHODS

LYING BANDED DORSIFLEXION

HOW TO PERFORM THE MOVEMENT:

1. Grab an exercise band and fasten it to the bottom of a fixed surface. A power rack or smith machine is preferable.
2. Put the exercise band around your toes and lie down with your head facing away from the smith machine. The band should have constant tension with your toes pointed forward. This should be your starting position.
3. Slowly point your toes back towards you. You should feel a stretch in the anterior of your calf.
4. Pause at the top of the position for 1-2 seconds before returning to the starting position.
5. Repeat for the desired amount of sets and reps.

COMMON MISTAKES:

Not adjusting the tension. It is all or nothing when attempting to bring down a world controlling covenant. You either need insurmountable evidence or you keep silent. When choosing a resistance for this exercise, make sure you are neither too far nor too close to the anchor point. If you are too far you will not be able to fully contract your calf and will risk injury. If you are too close, you will be able to fully contract the muscle but with little added benefit.

THE COVENANT'S METHODS

MULTIDIRECTIONAL SEATED CALF RAISE

HOW TO PERFORM THE MOVEMENT:

1. Set up a seated calf raise machine with the appropriate weight.
2. Put your knees under the pads with your feet in a neutral position. This will be your starting position.
3. Slowly lower the weight for 1 to 2 seconds until you feel the full stretch.
4. Contract the calf and return to the starting position for the desired amount of reps.
5. Point your toes inwards towards each other and repeat the movement for the desired amount of reps.
6. Point your toes outwards away from each other and repeat the movement for the desired amount of reps.
7. Repeat each move for the desired amount of sets and reps.

COMMON MISTAKES:

Bouncing before the mission is complete. It is natural to want to grab a few quick sketches and escape this vile den of monsters. We must hold off on our natural desire to avoid conflict and embrace the discomfort. The tendons of the calf provide a stretch reflex and bouncing the weight diminishes the tension placed upon the calf. Perform the exercises in a controlled manner and expose the covenant once and for all.

THE COVENANT'S METHODS

MULTIDIRECTIONAL SEATED CALF RAISE



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THE COVENANT'S METHODS

SINGLE LEG BODYWEIGHT CALF STRETCH

HOW TO PERFORM THE MOVEMENT:

1. Place a platform or plate on the ground, near a fixed surface. The platform should be at least several inches off the ground. You may choose a squat rack or machine rack to keep you steady.
2. Place the balls of your feet upon the platform.
3. Holding onto the platform, slowly lower your heels down until you feel a complete stretch. Hold this position as long as possible.
4. Repeat for the desired amount of sets.

COMMON MISTAKES:

Not aligning your mission. You must line up your knees, hips, and toes. If your knees or toes are out of alignment, you run the risk of causing injury to your knees. Make sure you are in complete alignment before taking on the covenant of the calf.

REVEALING THE COVENANT

Now you have all the necessary information on the covenant and the information to expose them. All that is left is delivering the compelling information to the masses. Remember, they still have their icy grip around the throat of civilization. You will need to take your time and execute your plan perfectly to take down the covenant for good.



REVEALING THE COVENANT

WORKOUT #1

Perform each workout twice per week. After each workout, foam roll your calf on the posterior and lateral sides for 2 to 4 minutes to promote recovery.

SPECIAL NOTE: highlighted area is supersetted

Exercise	Sets	Reps	Rest
Seated Multi Directional Calf Raise	3 sets	15 reps in each direction	0 seconds
Lying Banded Dorsiflexion	3 sets	15 reps	45 seconds
Single Leg Bodyweight Calf Stretch	3 sets	8-12 reps	45 seconds



REVEALING THE COVENANT

WORKOUT #2

Perform each workout twice per week. After each workout, foam roll your calf on the posterior and lateral sides for 2 to 4 minutes to promote recovery.

SPECIAL NOTE: highlighted area is supersetted

Exercise	Sets	Reps	Rest
Donkey Calf Raise	3 sets	20 reps	45 seconds
Toes Elevated Standing Calf Raise	4 sets	15 reps	0 seconds
Lying Banded Dorsiflexion	4 sets	15 reps	45 seconds



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