

Galen Gallardo

FROM CALVES TO BULLS

Introduction to the building
blocks of life





In this book

YOU'LL LEARN

- How the average Joe can achieve massive results using time tested techniques.
- How what you eat is important, but what you think is even more vital.
- Learn the biggest mistake that newbies make when first starting out on their calf building journey.

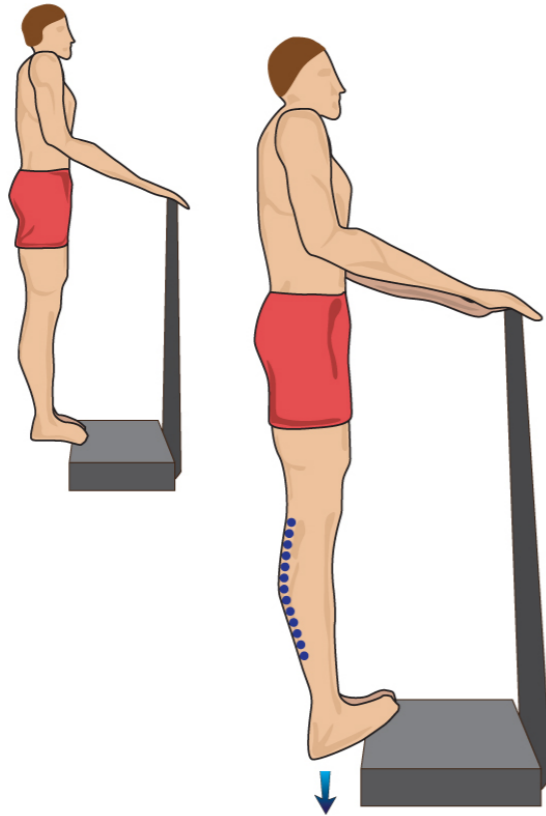
It's true that the mind is powerful. It's more powerful than we can give it credit for. With the right thoughts you can change the way you feel about your body, and this is the first secret to changing the make up of your body. Our feelings do cause real live physiological factors in our body to take place and with the correct thought patterns that illicit the proper feelings our body can turn into the most amazing tool for its own unfoldment of its own "perfect ideal form".

In this book I will help you to do the most important thing you could do when it comes to building the most difficult muscle in the human body. To start.... (is the most important thing.)

The best time to begin something that will take 5 years to complete was five years ago.

~ Galen Gallardo

"The sacred calves. We will raise yours and they will turn into Bulls."



Stretching is Vital

Its important to stretch. Gymnasts know this very well. It builds more lean and even stronger muscles when done regularly and has added benefits if combined with anti-oxidant rich foods. `Less inflammation = more flexibility and circulation.`
`More inflammation = less flexibility and less circulation.`

Full muscle extension/reaching as far as is humanly possible FOR YOU during EACH rep

It's important to stretch your limits with every rep. EXTEND until you absolutely can't extend any further. Hold the rep for one count at the maximum extension point. This is supposed to be dreadfully hard. You should cramp, it should hurt, a deep ache from the work done, not a sharp sting from a pinched nerve, do less in this case.

! Push yourself to almost injury, not to actually hurt yourself.



Creating a winning routine.

Implementing and STARTING TODAY; there is nothing that can be emphasized more. This is the most important thing you can do. Start right now.

Stand up right now.

Okay, well done, if you really did.

Close your eyes.

Imagine what it will be like when others are enchanted by your divinely heroic display of merely walking around.

Feel it there in your heart and stomach.

If your point is right it should feel like a first new crush on yourself. Crush on your new calves.

People were but lost for words for they knew not how to call upon the descriptor of beauty that adorned that knight's transportation.



I exercise so long and for so many repetitions that I can easily lose track of how many reps I've finished. I therefore use a clicker to help me keep track. Use one also if you'd like.



I start my students at 20 reps on their first day.

Their second day they complete 40 reps. 20(2)

3rd Day they do 60 reps. 20(3). 6th Day 120 reps 20(6)

4th Day 80 reps 20(4). Every day you will increase your total by 20

5th Day 100 reps 20(5). eventually you will get to 500 a day and that's where you will leave it for 365 days before you increase to 1000 reps per day. This will be your mantra. Now begin!

Destroy Procrastination With Physical Activity

It's important that you build massive momentum and fire in your heart via consistency in your new practice. This is how you will achieve results. Formidable calves can only be built into bulls over the course of long periods of constant consistent effort. This isn't quick, this is long and enduring, at least 3 years of grueling constant effort is required.

A really good way to keep track of your reps and sets are to divide everything into twenty.

So for an example this would be 160 reps.

A journal is a for sure must that you will want to implement right away. I like to use tally marks to keep track but use what ever you wish. The most important thing is to really stretch and I mean go into ultra deep stretching mode during and around your reps. I do it for the same amount of seconds as reps.

500 reps would require 500 seconds of stretching that same muscle.

So for an example this would be 160 reps.



