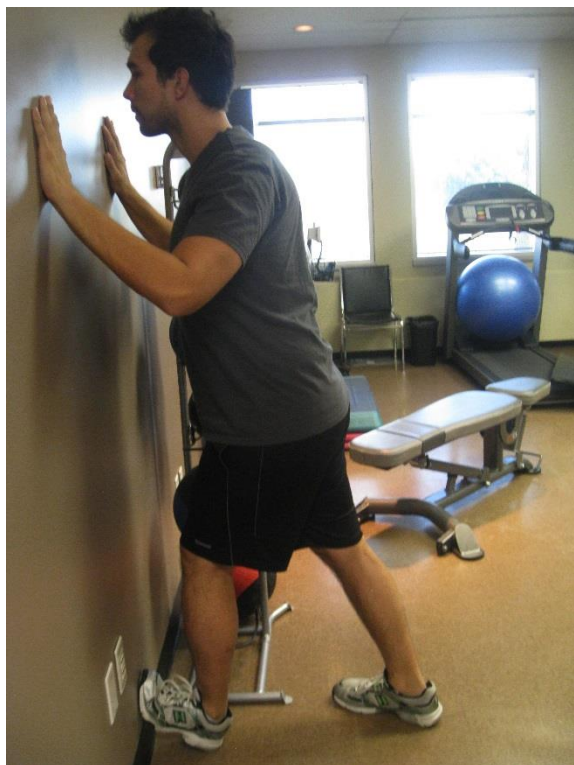


CALF STRETCHES



CALF STRETCH #1

- Start facing the wall.
- Raise one foot and place the top of the foot on the wall while keeping the heel touching the ground.
- Keep the knee of the foot against the wall bent and lean into the wall.

CALF STRETCH #2

- Start facing the wall.
- Stand in a split stance, with one leg behind the other and the front knee bent.
- Keeping the back heel on the ground, lean forward into the wall until you feel a stretch.



2-3 sets/side; hold stretch for 20-30 seconds