

Flexibility (Calves)



Exercise Description:

Prone Calf Stretch

Classification:

Flexibility (Calves)

Instructions:

1. Start by placing both feet flat on the ground. Lean forward and place your hands on the ground in a semi pushup position.
2. Walk your hands in toward your feet until a stretch is felt in your calves.
3. Hold for the prescribed time and then repeat.

Seated Toe Touch



Exercise Description:

Seated Toe Touch

Classification:

Flexibility (Calves)

Instructions:

1. Sit with your upper body upright and your legs straight out in front of you.
2. Lean forward from the waist and grab your feet.
3. Hold for prescribed time and then repeat.

Forward lunge calf stretch



Exercise Description:

Forward lunge calf stretch

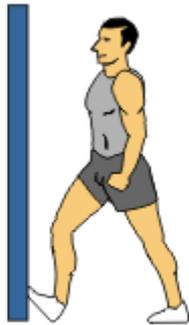
Classification:

Flexibility (Calves)

Instructions:

1. Place your hands on the wall with one foot forward and the other foot back.
2. Keep the heel of the back foot on the ground and lean forward using the wall for support.
3. Lean forward until you feel a stretch in your back calf.
4. Hold for the suggested number of seconds and then repeat with the other foot.

Wall Calf Stretch



Exercise Description:

Wall Calf Stretch

Classification:

Flexibility (Calves)

Instructions:

1. Place the toes of one foot up onto the wall so that your heel is still on the ground.
2. Lean forward until a stretch is felt in your calf keeping your knee straight.
3. Hold for the suggested number of seconds and then repeat with the other foot.

