

CALF STRETCHES

Hold each pose for at least 30 seconds

**STRAIGHT
LEG WALL
PUSH**



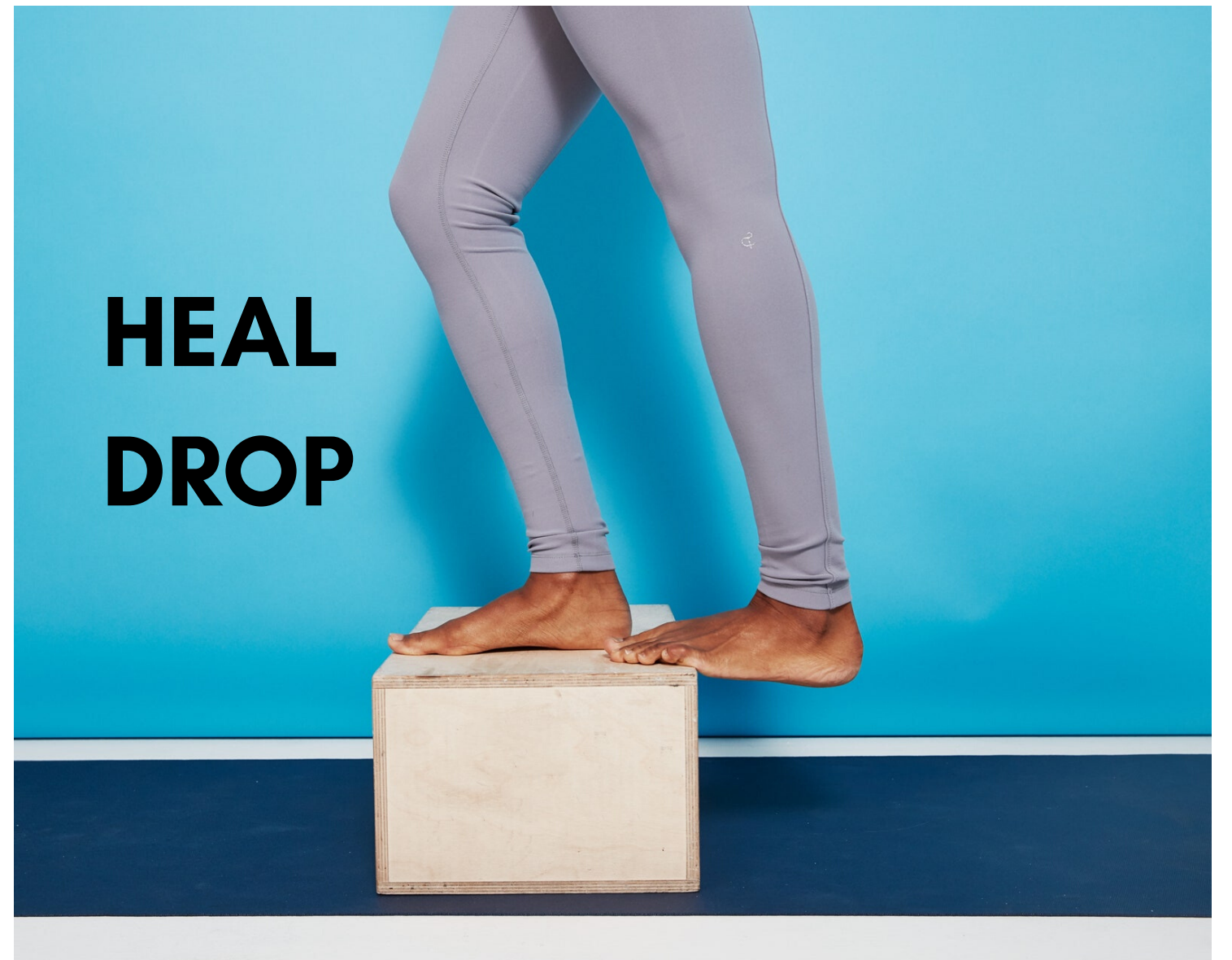
**DORSIFLEXION
STRETCH**



**PLANTARFLEXION
STRETCH**



**HEAL
DROP**



**STANDING BENT-OVER
CALF
STRETCH**



DOWNWARD DOG

