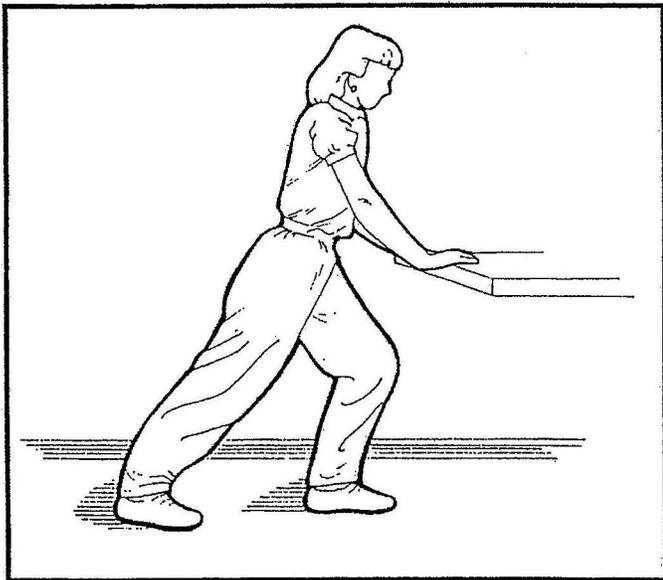


## CALF STRETCH

- 1) Stand near a chair or table and support yourself with both hands.
- 2) Slide one foot back keeping that heel flat on the floor.
- 3) Now bend your opposite knee allowing your body to shift forward. Keep the back foot flat on the floor. Feel the stretch in the calf of the back foot. Hold for 1 minute.
- 4) Repeat with other leg.



- 5) You may wish to hold the tightest leg a little longer. That way you can achieve *balance* between each of your legs.

## QUADS STRETCH

- 1) Stand near a chair or table and support yourself with one hand.
- 2) Grasp your ankle with your hand and pull your leg up and back. Feel the stretch in the front of your thigh. Hold for one minute.
- 3) Repeat with other leg.

