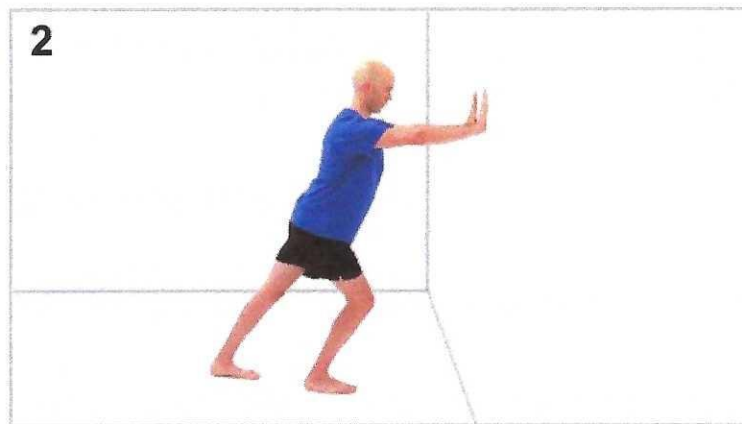
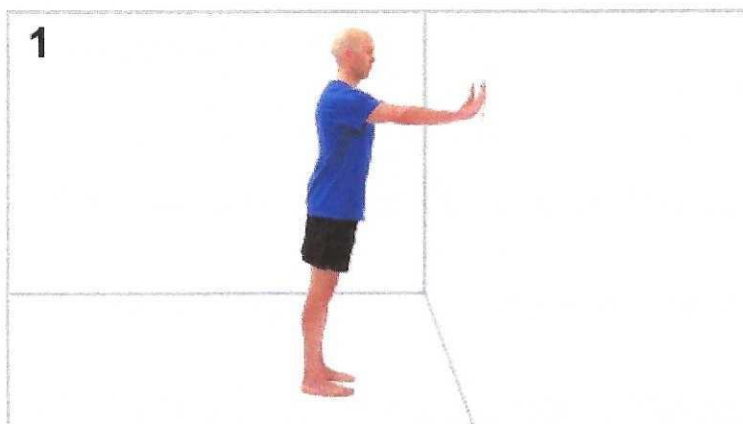


Gastroc Stretch on Wall

REPS: 4	SETS: 1	HOLD: 15	DAILY: 2
WEEKLY: 7			



Both Sides

Setup

Setup Directions

Movement

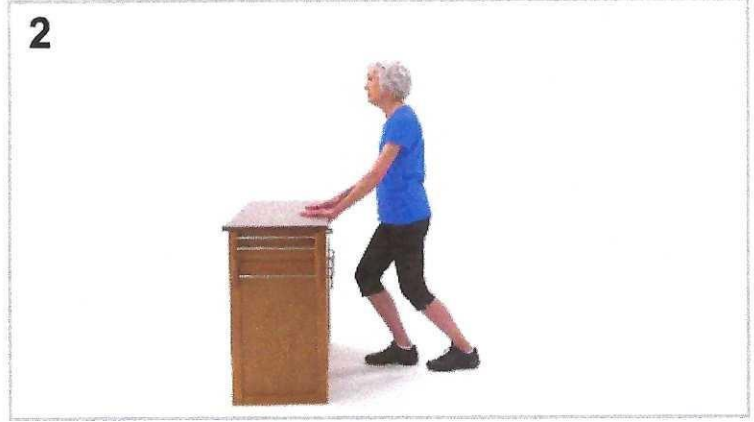
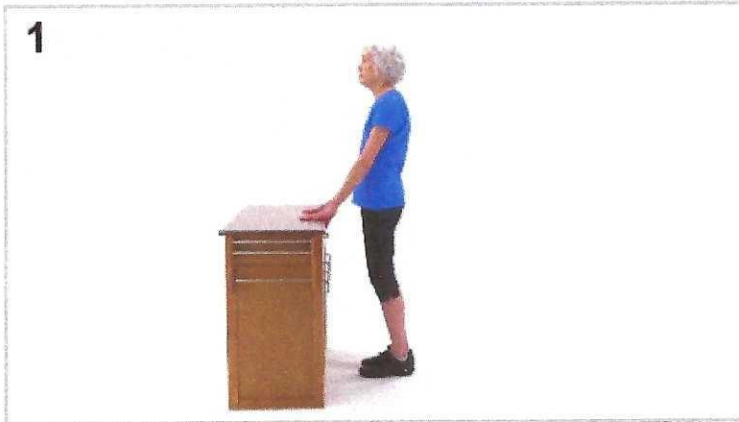
Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Standing Soleus Stretch at Counter

REPS: 4	SETS: 1	HOLD: 15	DAILY: 2
WEEKLY: 7			



Both Sides

Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

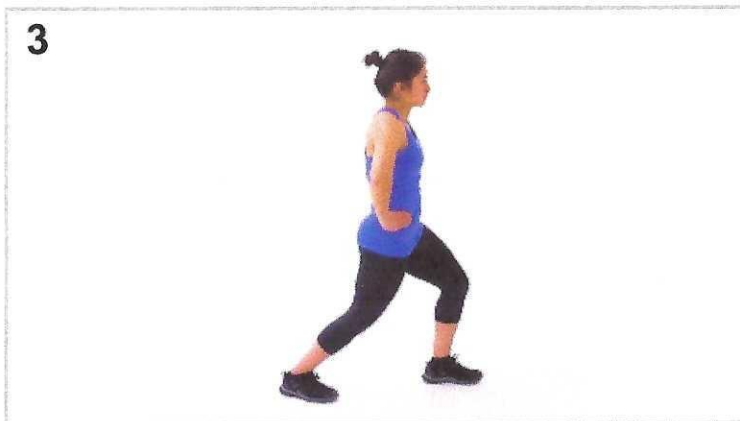
Step one leg backward, keeping your knee slightly bent. Shift your weight forward until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground during the stretch.

Standing Hip Flexor Stretch

REPS: 4	SETS: 1	HOLD: 15	DAILY: 2
WEEKLY: 7			



Both Sides

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

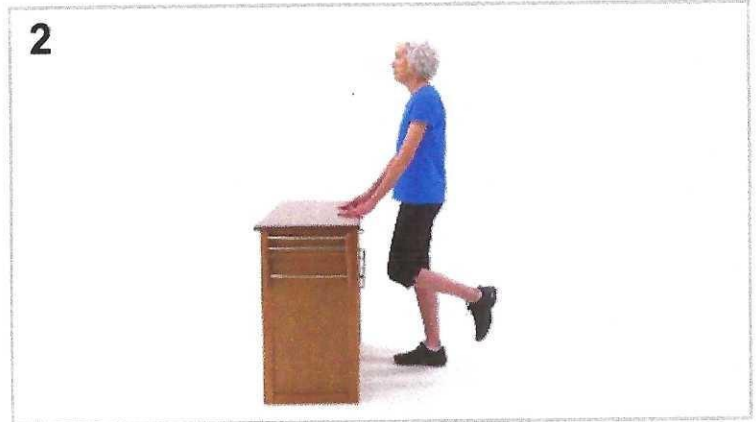
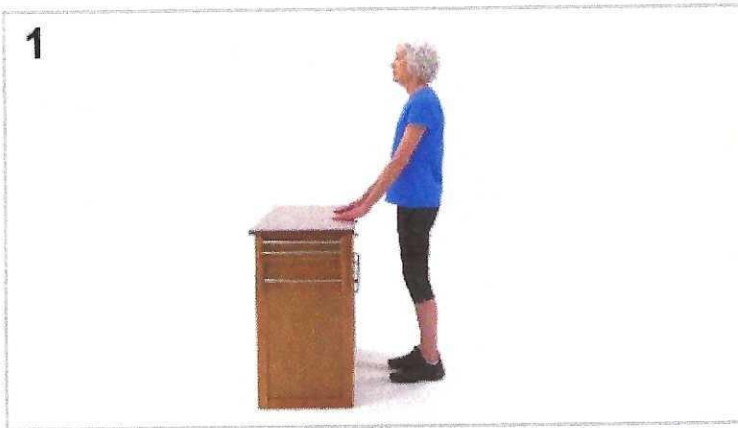
Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

Standing Single Leg Stance with Counter Support

REPS: 3	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 7			



Both Sides

Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Lift one foot off the ground and maintain your balance in this position.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.