Calf Stretch

Description: Calf Stretch (flexibility & balance). Use this stretch to work on flexibility and balance and to lower your heart rate at the end of a workout.

Instructions

1. Find a wall and place your hands against the wall for stability.
2. Lift your right toes up and place them against the wall, leaving your heel on the ground.
3. Lean your body towards the wall so you feel the stretch in your calf muscle.
4. Hold for 30 seconds.
5. Release your right foot, and repeat on the left side.

Tips & Modifications

- To do this stretch seated, put a strap/band around your foot/feet, legs extended, and pull the strap/band towards your body.