

Calf Stretches



Press your hands into the wall and step one foot back. Your hands and the foot in front help to deepen the stretch. Bending and straightening the back knee can stretch different parts of the muscle. Hold 20-30 seconds and repeat on the second side.

Begin on your hands and knees, keeping the toes curled under. Extend one leg straight back, keeping the toes on the mat, and reach the heel down. For a deeper stretch, lift the down knee off the ground and slightly press back. Hold 20-30 seconds and repeat on the second side.

