

Calf Flexibility Circuit

**ALL STRETCHES SHOULD BE DONE 3 TIMES FOR A 30 SECOND HOLD
YOUR GOAL IS TO FEEL A STRETCH OR PULL, STRETCHES SHOULD NEVER HURT
QUALITY OF STRETCH IS MORE IMPORTANT THAN QUANTITY OF STRETCH
BE SURE TO STRETCH BOTH LEGS**

CALF STRETCH

- Stagger Stance
- Front foot against wall
- Lean towards wall

Back Knee Straight (Gastrocnemius Muscle)



Back Knee Bent (Soleus Muscle)

