

CALF STRETCH



REAL MEN
MOVE



1. Stand facing the wall, one foot backward of the other, hands on the wall at shoulder height.

2. Bend the front knee, keep the back heel on the ground and back leg straight.

3. Push towards the wall until you feel a stretch in the **upper** part of the calf in the back leg.

4. Hold this position for 20 seconds.

5. Now bend your back knee until you feel a stretch in the **lower** part of your calf. Repeat on other leg of your calf

