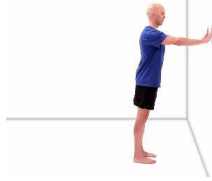


STEP 1



STEP 2



## Gastroc Stretch on Wall

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 3x

### Setup

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

### Movement

- 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.

### Tip

- Make sure to keep your heels on the ground and back knee straight during the stretch.

STEP 1



STEP 2



## Seated Soleus Stretch

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 3x

### Setup

- Begin sitting upright on the edge of a chair with one foot slightly out to the side and bent back, close to the leg of the chair.

### Movement

- Allowing your ankle to bend, gently press down on that same knee. You should feel a stretch in the back of your leg.

### Tip

- Make sure not to let your left knee collapse inward as you stretch.

STEP 1



STEP 2



STEP 3



## Arch Lifting

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 3x

### Setup

- Begin in a staggered standing position with your front knee slightly bent and your back knee straight.

### Movement

- Try to lift up the arch of your foot while keeping your toes and heel in contact with the ground.

### Tip

- Make sure to avoid gripping with your toes. A slight weight shift to the outside of your foot is normal.