

Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=726>

Roller Calf Release

Exercise Purpose:

To self-massage or release your calf muscles (right calf in the picture)



Key Points:

- Lower your body so that your right calf rests on top of the roller
- Support your body weight with your arms behind you and with your left foot and hands on the ground
- Keep your right calf against the roller the whole time
- Slowly rock your body back and forward on the roller so it releases/massages your right calf
- If you find a tight/sore spot you may benefit from holding on this spot
- To gain more force you could try lifting your left foot off the ground and placing it on top of your right leg throughout the movement
- Remember to breathe throughout

*Your larger calf muscle (gastrocnemius) breaks into 2 heads behind your knee. If you feel tighter on one side of your calf compared to the other (usually the outside side is tighter) then you may spend more time on this side