

Calf Stretch

Exercise Purpose:

To stretch your Achilles and calf muscles, particularly the larger gastrocnemius muscle



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=1998>

Key Points:

- Place both hands against the wall
- Place your left leg behind you
- Straighten your left knee and push your left heel into the ground
- Make sure you keep the inside of your left foot straight and don't point your left foot outwards
- Hold this position