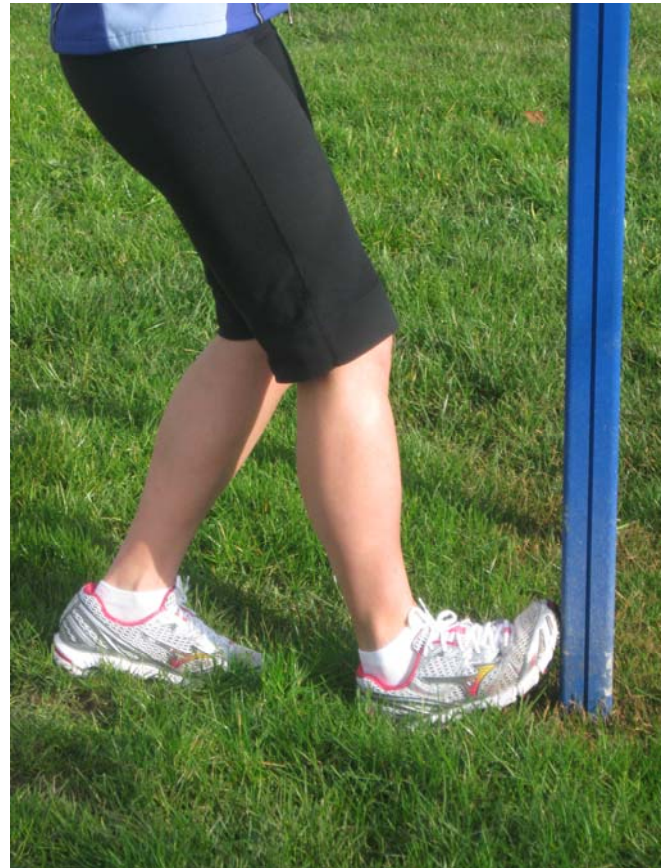


# Advancing a Calf Stretch

## Starting the Stretch

Use a wall or something to hold on to for support. Begin by sitting back into the back leg keeping both knees slightly bent. Back is flat and your upper body is facing forward.



## Advancing the Stretch

Slowly move towards the wall or the support that you are using bringing the knee of the stretching calf closer to the wall. You will feel the stretch become stronger and deeper.

Don't forget to breathe through the stretch.