

# Calves

MAP REF

1

MAP REF

6

## Flexibility

### HOW TO

- Place your hands on the pegs for balance
- Step back with your left leg
- Keep the leg straight, and press your left heel into the floor
- Press your hips forward and hook your right foot behind the left slightly bending your knee
- You will feel the stretch in your left calf
- Hold the stretch for 15 to 20 seconds
- Repeat 3 times and alternate sides
- If you experience any pain, reduce the stretch until you find the right point for you



### TIPS

There are 2 different height levels depending on your size, try both and see which works best for you

