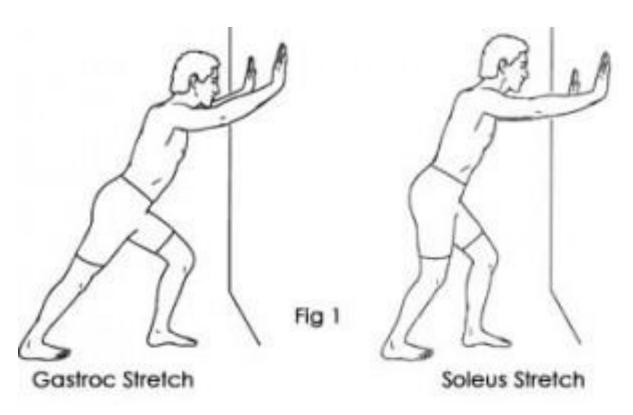


## **GASTROCS AND SOLEUS STRETCH**



Place your leg behind you, keeping your knee straight. Keep your heel on the ground and feel a stretch at your calf. Hold for 30 seconds. Using your front leg, keep your heel on the ground and bend your knee. Feel a stretch at your calf. Hold for 30 seconds.

