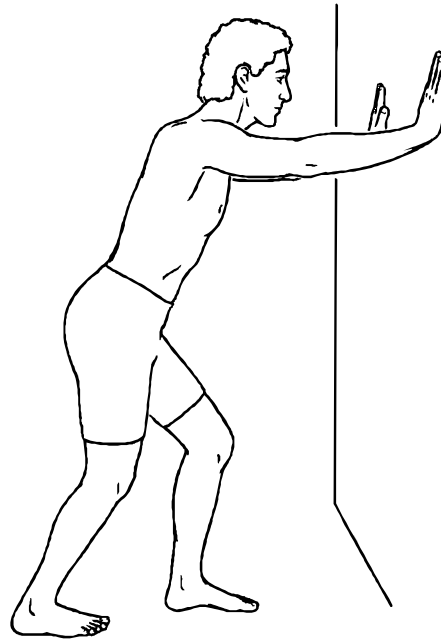


ANKLE / FOOT - 13 Soleus Stretch

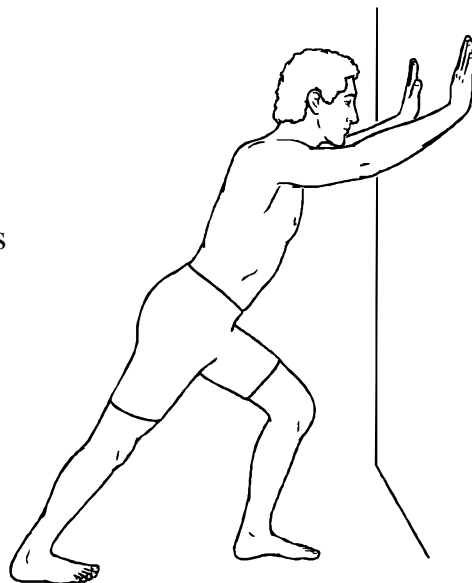
Stand with right or left foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 15-30 seconds.



Repeat 1-3 times per set.
Do 1 sets per session.
Perform before and after exercise.

ANKLE / FOOT - 14 Gastroc Stretch

Stand with right or left foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 15-30 seconds.



Repeat 1-2 times per set.
Do 1 sets per session.
Perform before and after exercise