

## Calf Stretch

On all fours, knees under hips and wrists under shoulders



Lengthen into one leg then take the weight of the body away from your wrists and push back into the heel of the foot. Repeat on the other side



Push your body up into an inverted v and encourage your heels to the floor



Keep the hips level and slightly bend one leg



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purestretch accepts no responsibility for any injuries  
that may occur whilst undertaking these exercises.

**Happy Stretching!**

## Shoulder Stretch

Link your fingers together  
and cross your thumbs



Repeat with hands behind  
your back and place the  
knuckles on the small of  
your back



As you breathe into the  
chest see if you can shut  
the hands together  
encouraging the elbows



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