purestretch
move•stretch•core

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



Get access to this routine and more at purestretchhome visit www.purestretch.co.uk

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

Happy Stretching!