

How & Why to Mobilize Your Calves

Best way to work tight “spots”

Best way to work the fascia. The fascia runs the entire length of leg.

1. Foam roller – knobby and vibrating



Soft Roller



Firm & Knobby

2. Lacrosse ball or soft ball



Massage Balls



Lacrosse Balls

3. Massage gun



C2 Massage Gun