

Calf stretches

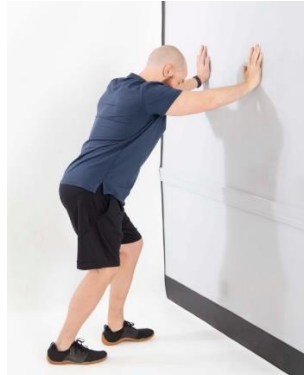
Test: Stand 5 inches from wall. You should be able to keep your heel on the ground while touching the wall with your knee.



1. Lean on the wall with your knees straight



2. Lean on the wall with your knees bent.



3. Place your foot on the edge of stairs and let your heel drop your knee straight.



4. Place your foot on the edge of stairs and let your heel drop you're your knee bent.



5. Put your forefoot on the wall and lean forward



6. Split squat

