



Lower Body

Calves

(lower back of the leg)

Keep both feet facing the same direction beginning a foot in distance apart.

You will feel the stretch in the back leg. To increase the stretch increase the distance of the legs keeping a neutral back and your heels flat.

This stretch can be done using a wall for support as shown or simply standing upright with your hands on the upper thigh of the supporting leg. Do not put any pressure on the knee joint. An advanced stretch is shown in the insert.



Hamstring

(3 muscles on the back of the top of the thigh)

Keeping both feet facing the same direction slowly sit back into the buttocks. To increase the intensity of the stretch, raise the toes towards the knee keeping the back supportive.