



Calf Raise

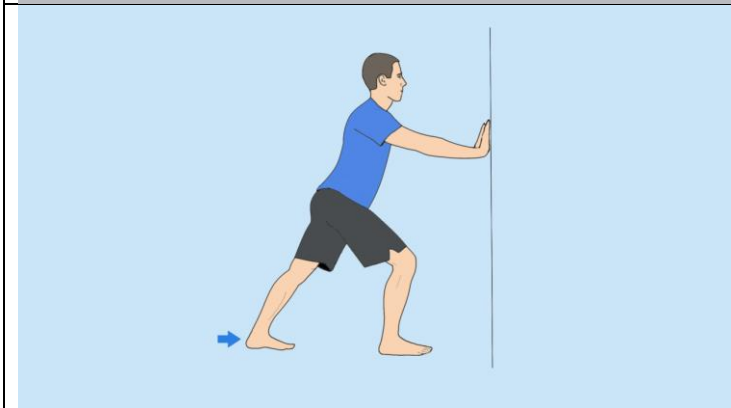
Stand flat with hands resting on a wall or on a desk for support.

Now raise your heels and stand on your toes. Hold for a second and then bring the heels down on to the floor

Repeat _____ times

Progression

- Do the same exercise on a step.
- Do it on one leg.



Calf Stretch

Stand with hands resting on a wall. Put one behind the other as shown in the picture. Bend the knee in front until you feel a stretch in the calf of the rear leg.

Hold _____ seconds

Repeat _____ times