



## ADVANCED TRAINING AND PERFORMANCE

### Calf Stretch



#### Exercise Description

1. Find a wall or stable surface for support
2. Move one leg back
3. Lean forward into wall
  - 3-4 days/wk
  - 1-2 sets
  - 1-2 minutes
4. Repeat for opposite leg

#### The Why

This exercise should focus on stretching your calf and ankle. Many times after training the back of the legs can get pretty sore. This stretch should offer some relief.

