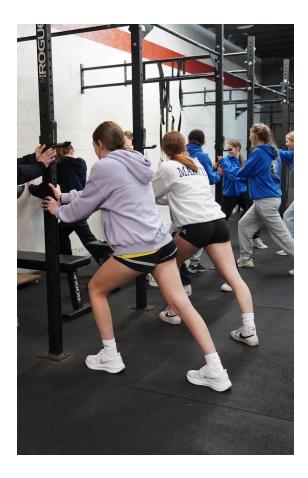
ADVANCED TRAINING AND PERFORMANCE

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

EUGENE

CLUB

FÚTBOL

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.

