

EXERCISE TECHNIQUE - At Home Exercises

CALF STRETCH - Beginner

Target Body Part: Calf Muscles

Equipment Required: No Equipment Required

1. Stand and put one leg forward; toes of both feet pointing forward.
2. Bend your front knee, shifting your bodyweight onto the front leg, put both hands on the wall. Ensure that your front knee does not extend past your toes.
3. Your back leg should be straight behind you and the back foot flat on the floor (keep the back heel pressed down).
4. Hold this position for 20 to 30 seconds.
5. Change legs and repeat the stretch on the opposite side.

TIPS

1. You should feel the stretch down your calf muscle and into the heel.
2. If this is not the case, slide the back leg further away until you feel the stretch.
3. Avoid arching the back when performing this stretch.



For more examples of exercises you can do at home, visit our Recreation At Home webpage at [Exercise-at-Home](#)