

Lower Calf stretch

Description: Stretches the lower calf and Achilles Tendon.

Before: See "After" position for the upper calf stretch.

After: While maintaining your weight through your right heel, slowly bend your right knee towards the step you are standing on. You should feel the stretch switch you're your upper calf to your lower calf and Achilles Tendon area. Repeat on the other side.



Before



After