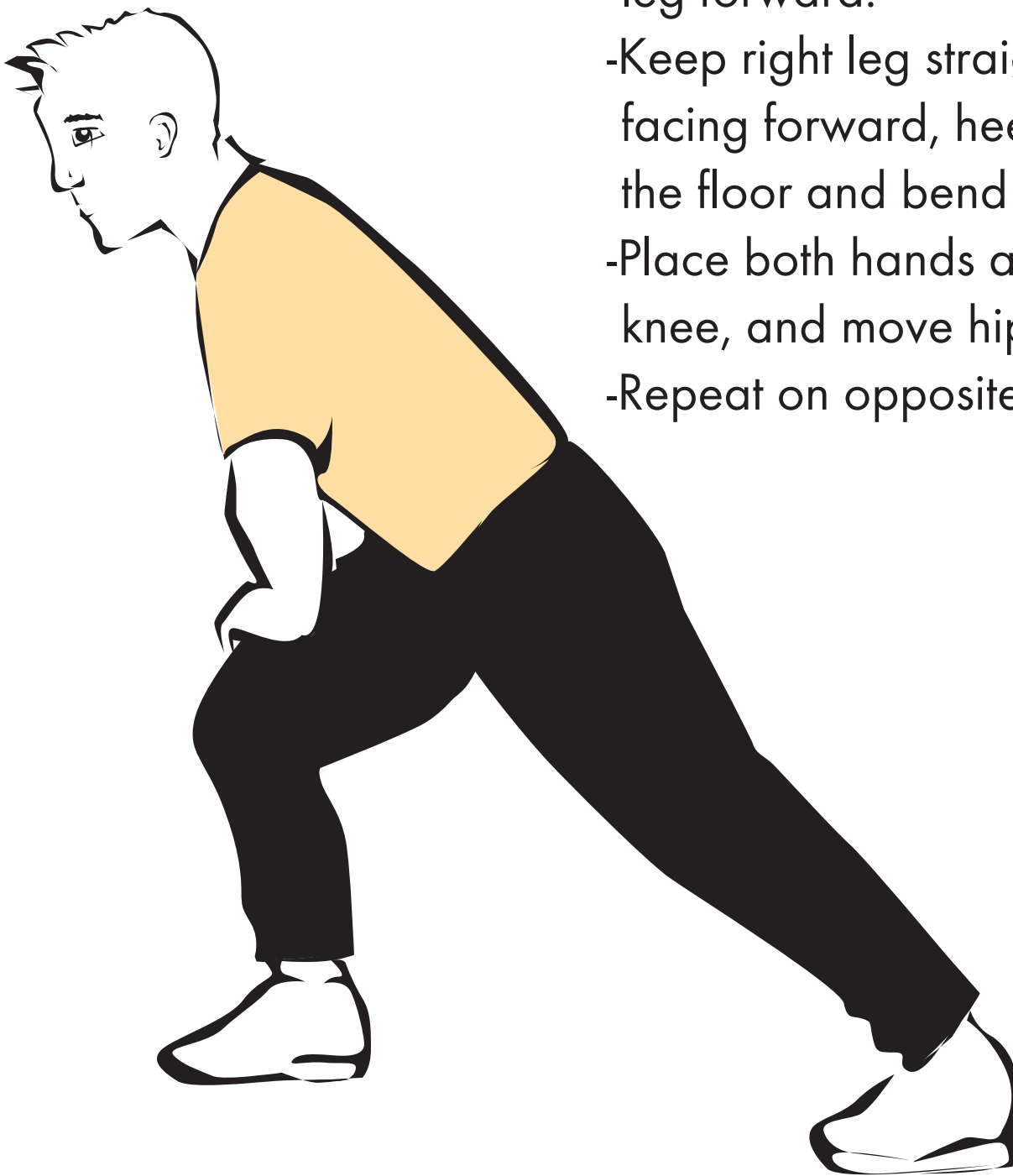


## CALF STRETCH



- Assume stride position with left leg forward.
- Keep right leg straight with toes facing forward, heel flat on the floor and bend left knee.
- Place both hands above left knee, and move hips forward.
- Repeat on opposite side.

## ADDITIONAL STRETCHES

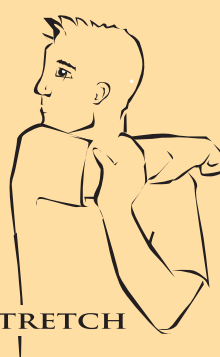
### STRENGTHENING STRETCH

- Assume squatting position with hands on thighs, widening stance for more support.
- Lower body until thighs and chest are parallel to the floor.
- Finally, gently push forward for recovery.



### UPPER BACK STRETCH

- Grasp beyond right elbow with left hand.
- Pull arm horizontally across body while looking over right shoulder.
- Repeat on opposite side.



### UPPER EXTENSION STRETCH

- Place hands on lower back to maintain support.
- Carefully arch upper body backward, keeping lower body stationary.
- Be careful not to overextend, keeping head facing forward.
- Push forward with hands and arms for recovery.

