

Posterior Muscle Group (Calf) Stretch

A static stretch for the calf muscles

Instructions:

1. For the **calf (gastrocnemius) stretch**, brace yourself with arms outstretched at shoulder height against a wall or other support.
2. Take a large step backward with one leg.
3. Bend your front knee while keeping your back leg straight and your back heel planted on the ground.
4. Lean forward slightly while actively pushing your back heel into the ground to feel a good stretch in the calf of your back leg.
5. To intensify the stretch, step farther back with your trailing leg.



Performance Points:

- Keep both feet facing forward.
 - Keep your back heel planted firmly on the ground.
 - Maintain a straight back with the shoulders squared. Your hips, torso and shoulders should move forward together.
- The knee of the lead leg should never extend in front of the toes.
 - Actively push down through your back heel.
 - The stretch should not be painful; don't bounce or strain your muscles.

Stretching Specifics:

Duration / Reps: Hold for 30 seconds on each side, 4 to 5 repetitions.

When: Morning, noon, and evening for a total of 15 minutes a day.

You Need: A wall or other support (like a counter).

Benefits:

- Increases flexibility in the calf muscles and Achilles tendon.