

**Stretching:**

1A) Straight Leg Calf Strength > 30 seconds (See image W1:1A)

1B) Lunge Calf Stretch Against the Wall > 20 seconds > each leg (See image W1:1B)

2A) Downward Dog Stretch > 30 seconds > each leg (See image W1:2A)

2B) Foot Circles with the toes flexed or curled > 20 seconds > each foot (See image W1:2B)

3A) Seated Calf Stretch (legs straight: reach for toes & pull back)>30 seconds
(see image W1:3A)

3B) Heel Drop Stretch > 10 reps > each leg (see image W1:3B)

Not pictured:**Toe-Heel Walks**

You can do this exercise with or without shoes on. It strengthens both your ankles and your feet. Walk about 30 feet standing on your toes.

Turn around and walk back standing on your heels.

Repeat 3 to 5 times.

Rollin up on Toes






Start in any position that's comfortable for you, whether that's in a full squat or in more of a lunge position, **(like we did during our session on Wednesday)** or with hands supported on something. Just have one foot in front, and one foot behind.

Roll forward so you're up on the toes of the front foot.

Go as far forward as you can comfortably go.

Play around with the positioning, and make sure to work on both sides.

Do 5-8 reps for 3 sets.

Stretch	Picture	Stretch	Picture
W1:1A		W1:1B	
W1:2A		W1:2B	
W1:3A		W1:3B	