

**Stretching:**

**1A)** Straight Leg Calf/Hamstring Strength > 30 seconds x 3 Sets (Image W1:1A)

**1B)** Lunge Calf Stretch Against the Wall > 20 seconds. Each Leg x 3 Sets (Image W1:1B)

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**2A)** Kneeling Hip Flexor Stretch > 30 seconds. Each Leg x 3 Sets (Image W1:2A)

**2B)** Foot Circles with the toes flexed or curled > 20 seconds. Each Foot x 3 Sets (Image W1:2B)

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**3A)** Standing Quadriceps Stretch >30 seconds. Each Quadricep x 3 Sets (Image W1:3A)

**3B)** Heel Drop Stretch > 10 Reps. Each Leg x 3 Sets (Image W1:3B)

**3C)** Knee Flexion > 10 Reps. Each Foot x 3 Sets (Image W1:3C)

Stand behind a sturdy chair, resting your hands on the back of the chair to help you balance. Facing forward, keep your head in line with your spine. Place your feet shoulder-width apart, keep the pelvis level and knees slightly bent.

In a 1-2-Up count, bend your left leg to bring your heel up towards your glutes as high as you can or until your calf is parallel to the floor. Pause for 1 second.

In a 1-2-3-Down count, lower your left heel to the ground. Complete 10 reps of this exercise for each foot, this is one set. Rest for 30 seconds, then complete the second set.

Do not arch your back during this exercise. Do not let the knee of the working leg come forward of the hip. As you raise your leg, relax your calf. Point the toes of the working leg toward the ground.



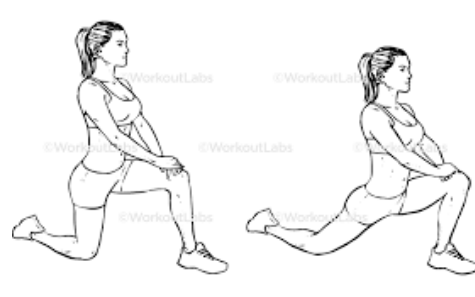
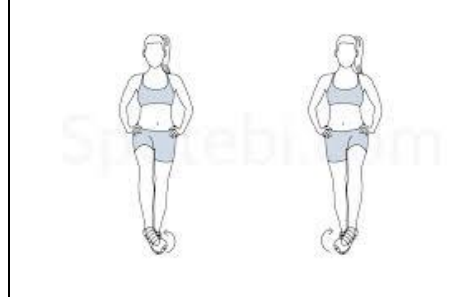

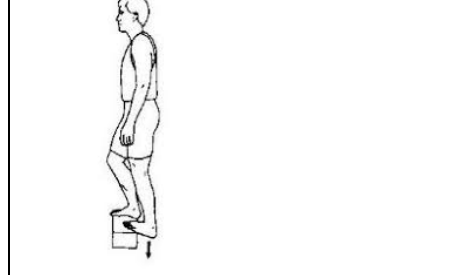
***Not pictured:*****Rollin up on Toes**

Start in any position that is comfortable for you, whether that is in a full squat or in more of a lunge position, 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	
W1:3C	