



*Specializing in one-on-one and group personal fitness training in the comfort of your own home, office or gym.*

## Upper Calf Stretch

**Description:** Stretches the upper calf

**Before:** Place your left foot completely on a step. Place just the ball of your right foot on the same step and hold onto the railing/wall for balance.

**After:** While maintaining the right knee completely straight, slowly lower the right heel until you feel a stretch in your upper right calf. Repeat on the other side.

*Before*



*After*

