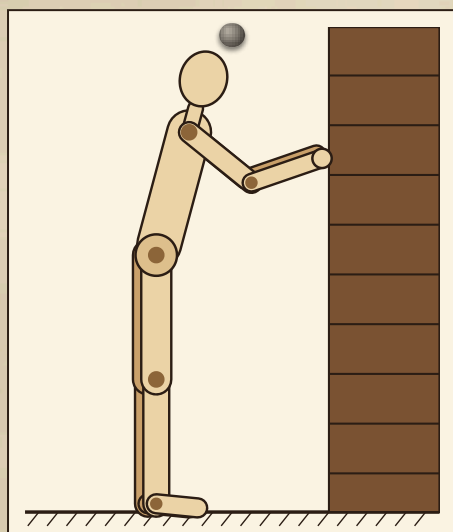


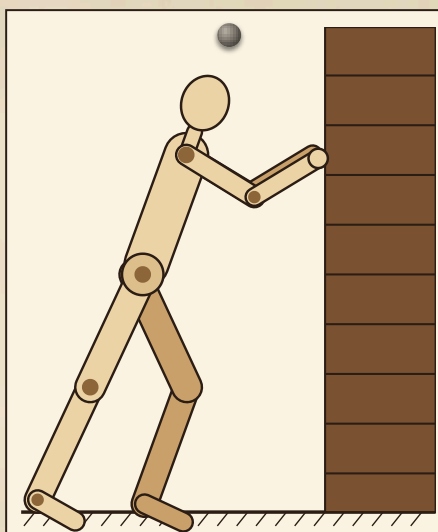


Wall calf stretch

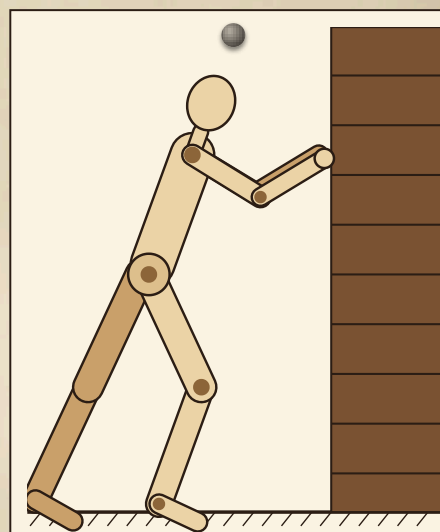
Loosens tight calves, which eases the ankles and knees and helps you walk more freely. All you need is a wall.

**1 Hands on the wall**

Shoulder height, feet together.

**2 One leg back**

Back heel down, front knee bent.

**3 Then the other**

Hold 20 seconds each side.

The beat Hold each side for 20 seconds, breathing normally. 2 on each leg is one set.

How to do it

1. Stand facing a wall and put both hands on it at shoulder height.
2. Step your left foot back, keeping the leg straight and the heel on the floor.
3. Bend your front knee and lean gently into the wall.
4. Feel the stretch in the back calf. Hold for 20 seconds and breathe.
5. Step back together and swap legs.

Make it fit you

Easier

Take a smaller step back.

Harder

Take a bigger step back, keeping the heel down.

Safety

A gentle stretch, never pain. Keep both feet pointing at the wall.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/wall-calf-stretch/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.