

Lower Leg Stretches



Gastrocnemius Stretch

1. Step 1: Sit; left leg straight; stretch rope around ball of
2. foot, held in hands
3. Step 2: Bring toes toward body
4. Step 3: M.E.T. Point toes against resistance of your
5. stretch rope; hold 3 seconds
6. Step 4: Relax, bring toes toward your body to a
7. comfortable stretch
8. Step 5: Repeat 3 times