

Calf Matrix

Step 1: Stand with arms against wall, above shoulder height.

Step 2: Lean hips forward toward wall, while keeping back heel on floor and back knee straight, making sure to feel stretch along calf of back leg.

Repeat process 20 times.



Step 1: Stand with arms against wall, above shoulder height.

Step 2: Step front leg out to side, turning toes outward (external rotation) lean hips laterally toward front leg,, while keeping back heel on floor and back knee straight, making sure to feel stretch along outer portion of back leg.

Repeat process 20 times.



Step 1: Stand with arms against wall, above shoulder height.

Step 2: Step front leg across body with toes turned inwards (internal rotation) while keeping back heel on floor and back knee straight, making sure to feel stretch along inner portion of back leg.

Repeat process 20 times.

