Title: Foam Roller Calf / Calves Stretch

Primary Muscle Groups: Calves

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on the ground and position a foam roller underneath your calves. Make sure that you begin towards the top of the muscle, near the knee.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your hands behind you and lift yourself off the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly move yourself forward allowing your calves to roll 2 to 3 inches on the foam roller. Pause then roll the other way. Continue the back and forth motion. For a deeper stretch, try stacking one leg over the other.</span></li>

</ol>