Title: Straight-Leg Calf Stretch

Primary Muscle Groups: Calves

Secondary Muscle Groups:

Summary: <ol>

<li>Stand a few inches away from a wall, facing it and place both hands on the wall with your arms extended.</li>

<li>Lean against the wall and bend on leg forward with the other leg extended straight back. Your feet should both be facing forward.</li>

<li>Push the rear heal to the floor and bring the hips slightly forward.</li>

<li>Hold the stretch and repeat on the other leg.</li>

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