

## Exercise 5. Calf Stretch

This exercise helps maintain leg strength and mobility.

### What do I need?

1 Chair



1. Sit Tall with a straight back and neck.  
Place feet hip distance apart.  
Rest hands on thighs.

2. Gently kick out one leg.

'Dig' heel towards the floor to stretch the back of the calf.



3. Return to neutral and repeat on the other leg.  
Repeat this sequence 4 times for each leg.