

# Calf Stretch

- ▶ Sit tall, legs hip width apart and toes pointing upwards;
- ▶ Hold on to the side of the chair for support;
- ▶ Keep one knee bent and directly above the ankle;
- ▶ Pull the toe towards the shin;
- ▶ Hold for 12 seconds, then change legs.



# Hamstring Stretch

- ▶ Seated with hands on the side of chair;
- ▶ Place one leg in front of the other with your knee slightly bent;
- ▶ Keep your back straight, lift the chest and lengthen the upper body upwards and forwards;
- ▶ Hold for 12 seconds, then change legs.

