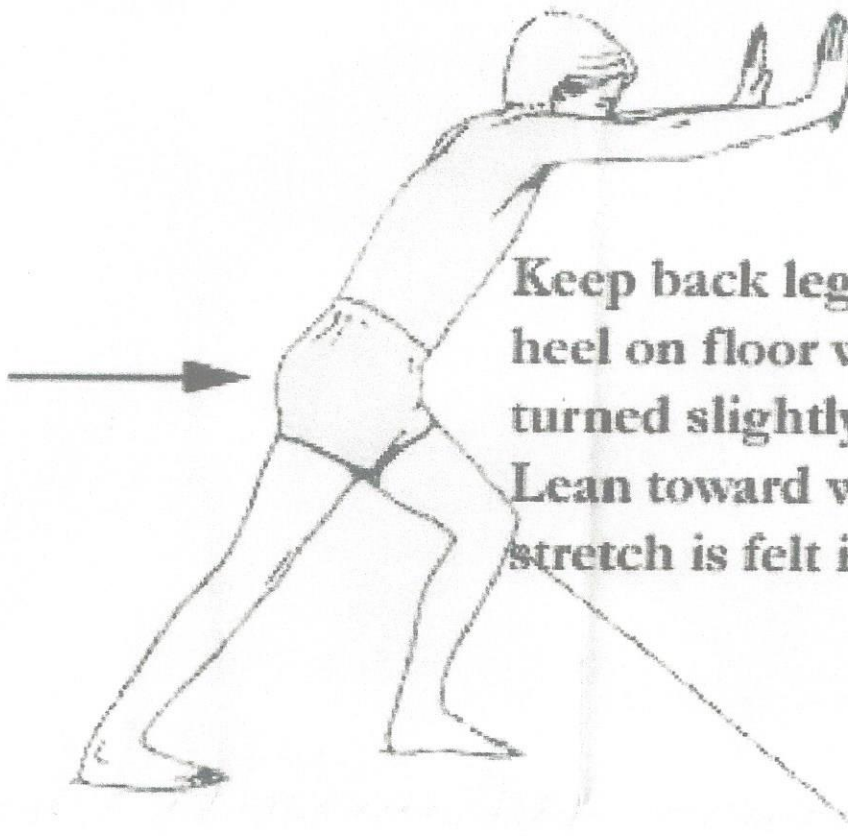




GASTROC STRETCH



Keep back leg straight,
heel on floor with foot
turned slightly outward.
Lean toward wall until
stretch is felt in calf.