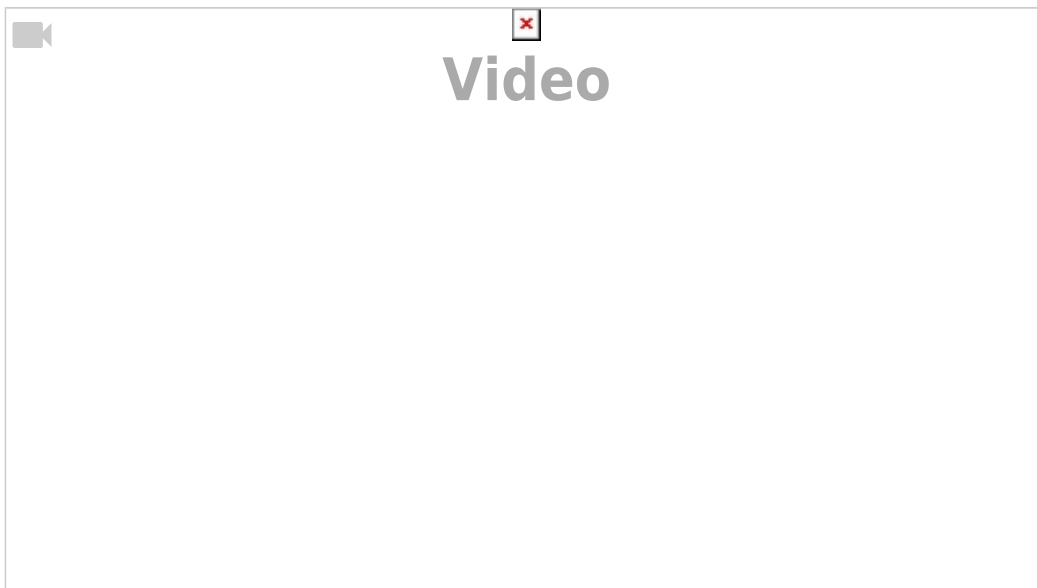


Calf Raises

You can hold on to a bar and stretch your foot down for 10 seconds, and up for 6 seconds. Repeat three times.

Here is a video to help you get started:

1. [Calf Stretch](#)
2. [Calf Raise](#)



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