



## Calf Stretch—Gastros

### **Purpose:**

To increase the length of the Gastrocnemius Muscle. This will increase your ability to deep squat.

### **Benefit:**

Improved deep squat helps reduce early hip extension and stability over the golf ball.

### **Instruction:**

Stand with your foot up on the tilt board or against a wall. Then put your other foot back about a foot. Keep the front knee straight and lean your body towards the wall so that you feel a GENTLE stretch in your calf (back of the lower leg)

### **Quantity**

Hold this for 2-5 minutes on \_\_\_\_\_ leg(s).

