



Calf Stretch—Soleus

Purpose:

To increase the length of the Soleus 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. Bend the front knee towards the wall so that you feel a GENTLE stretch low in your calf and achillies (back of the lower leg)

Quantity

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

