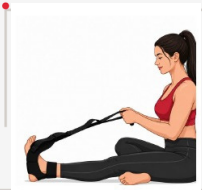
YAGHZU

FOOT & CALF STRETCHER

FOOT & CALF STRETCHER EXERCISE MANUAL

RELIEF. MOBILITY. RECOVERY. ACHILLES • CALVES



CONQUER YOUR FITNESS

1. Seated Calf Stretch

3 holds × 30 seconds per leg



Targets: Gastrocnemius (upper calf)

- Leg straight, knee fully extended.
- Pull your toes back toward your shin until the calf stretches.
- Keep shoulders relaxed — the strap does the work.

2. Bent-Knee Soleus Stretch

3 holds × 30 seconds per leg



Targets: Soleus (lower calf), Achilles

- Same position but with a slight bend in the knee.
- The stretch drops lower toward the Achilles tendon.
- Especially useful for runners and after long days standing.

3. Plantar Fascia Stretch

3 holds × 30 seconds per foot

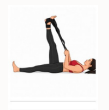


Targets: Sole of the foot

- Position the cradle so your toes pull back along with the forefoot.
- You should feel it along the arch of the foot.
- Great first thing in the morning if heels are painful on waking.

4. Lying Hamstring Stretch

3 holds × 30–45 seconds per leg

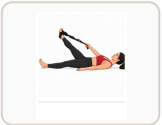


Targets: Hamstrings

- Lie on your back, strap around your foot, leg raised straight.
- Keep the other leg flat on the floor.
- Pull the leg gently toward you; don't bend the raised knee.

5. Inner Thigh Sweep

2 holds × 30 seconds per leg



Targets: Adductors, inner hamstring

- From the lying hamstring stretch, let the leg fall gently out to the side.
- Hold both straps in the same-side hand.
- Keep your opposite hip pinned to the floor.

6. Ankle Circles with Resistance

2 sets × 10 circles each direction, per foot



Targets: Ankle mobility, foot control

- Light strap tension while you slowly circle the ankle.
- Move through the biggest pain-free range you can.
- Useful warm-up before runs and leg workouts.

7. Toe Point and Flex

2 sets × 12–15 reps per foot

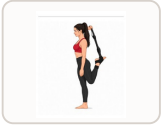


Targets: Shin muscles, calves, foot strength

- Flex your toes toward you against light strap resistance, then point away.
- Slow and rhythmic — 2 seconds each direction.
- Builds control alongside the flexibility gains.

8. Standing Quadriceps Stretch

2 holds × 30 seconds per leg

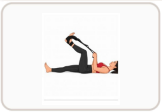


Targets: Quadriceps, hip flexors

- Standing tall, bend one knee and place that foot in the cradle behind you.
- Bring the strap up over your same-side shoulder and pull gently to draw the heel toward your glute.
- Hold something for balance and keep both knees close together.

9. Lying Bent-Knee Ankle Stretch

2 holds × 30 seconds per leg



Targets: Ankle, shin, quadriceps

- Lie down with one knee bent and the foot raised, cradle secured around the foot.
- Pull the strap gently to draw the foot into a deeper point or flex.
- Move slowly — this position gives a lot of leverage.

SAMPLE WEEKLY PLAN

Day	Session
Morning	Plantar Fascia Stretch 3×30s per foot (before first steps if heels ache)
Post-workout	Calf Stretch 3×30s + Soleus Stretch 3×30s per leg
Evening	Hamstring Stretch 3×30–45s + Inner Thigh Sweep 2×30s per leg
Rest days	Full routine once through, gentle intensity

PRO TIPS

- Stretch to mild tension, never pain — flexibility improves faster below the pain threshold.
- Consistency beats intensity: 5–10 minutes daily outperforms one long weekly session.
- Warm muscles stretch best — after a walk, workout, or warm shower.
- For plantar fasciitis, pair morning stretching with supportive footwear during the day; see a professional if pain persists beyond a few weeks.

Safety first: Warm up before every session and progress loads gradually. Stop any exercise that causes sharp pain. This guide is general fitness information, not medical advice - consult a qualified professional if you have an injury or health condition. Inspect your gear before each use and replace it if worn or damaged.