

Video – Stick Calf

THE MOVE

[jwplayer player="1" mediaid="1380" alt="stick calf massage video"]

To work the calf, start by using The Stick over the calf muscles. Use firm pressure moving up the calf to find any tender areas. Focus on these tender areas by giving each spot 30 short and quick rolls with the stick.

To continue to stretch the calf, place the balls of one foot on a step and let the heel of the foot fall as far towards the ground as possible. Hold this stretch for 30 seconds. Repeat with the other calf. Do 2 sets of 30 seconds with each leg.

Download Calf Stretch with Stick Work