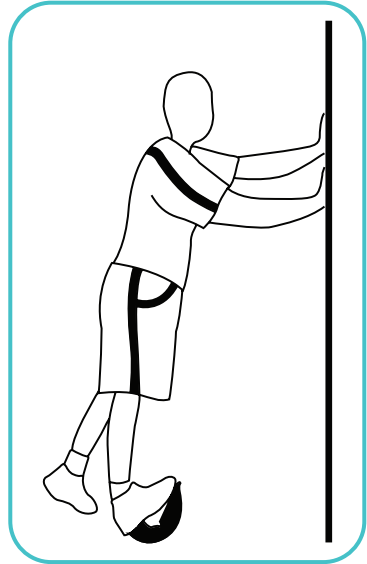


EXERCISES

Upper calf

1. Stand at a distance where your hands can reach a wall. Support yourself with your hands by placing them on the wall. Place either leg appropriately on the Calf Stretcher.
2. Lean forward.
3. Move your ankle back until you feel your upper calf muscle stretching.
4. Hold for 30 seconds.
5. Switch your feet and repeat the process from step 1.



Hamstrings

1. While keeping your legs apart, place one foot in the Calf Stretcher.
2. Without lifting the heel of your back foot, bend the knee of your front foot slightly forward.
3. Maintain that posture for 30 seconds.



Toe Raise

1. Place the Calf Stretcher such that the heel side of the stretcher faces the wall.
2. While supporting yourself on a wall, put your toes to the center of the Calf Stretcher, while the base of your foot on the flat platform of the Calf Stretcher. Let your toes point to the floor and drop your heel downwards to the floor.
3. Perform exercise ten times and rest for 5 seconds. Repeat the process 3 times.



Toe Touches

1. While seated, from an arms distance from a supportive wall, put the entire foot on the Calf Stretcher's front area.
2. Carefully, slide the heel of your foot to the elevated part of the Calf Stretcher. Lift your toes up and back down.
3. Perform exercise ten times and rest for 5 seconds. Repeat the process 3 times.



WARNING

- When using the Calf Stretcher, make sure to wear flat, rubber sole shoes.
- Use on a flat surface.
- Keep your supporting foot grounded while using the stretcher.
- Always hold on to a sturdy object to support your balance.
- Do not stretch beyond a point in which you feel pain or are uncomfortable.



QUESTIONS?

Our friendly customer service team is standing by to assist you. Feel free to connect on the phone, email or chat.



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