

# BodyRelax

*- giv din krop en chance...*

## Gastrocnemius

### Description

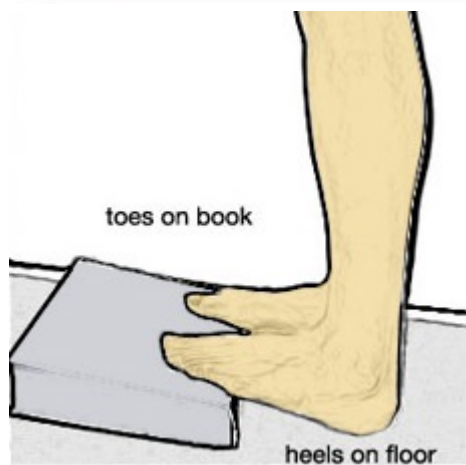
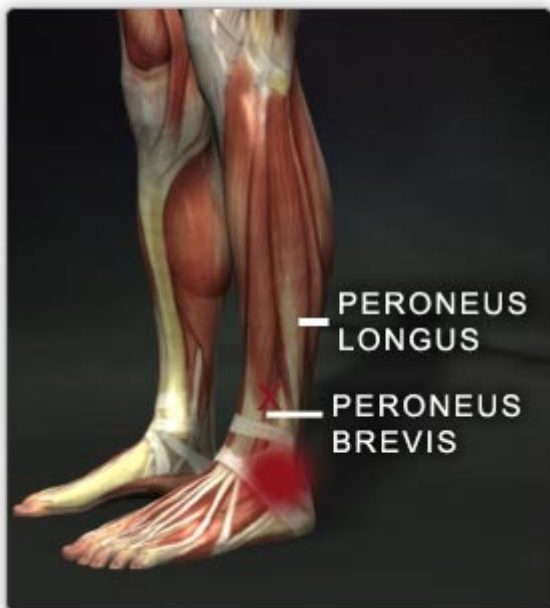
1. Stand with one leg in front of the other, with both feet pointed forward. Place hands on a wall or similar for support
2. Keep back knee straight, with the heel pressed to the floor
3. Push your hips forward, while pressing your back heel to ground
4. Hold the stretch
5. Repeat on each leg



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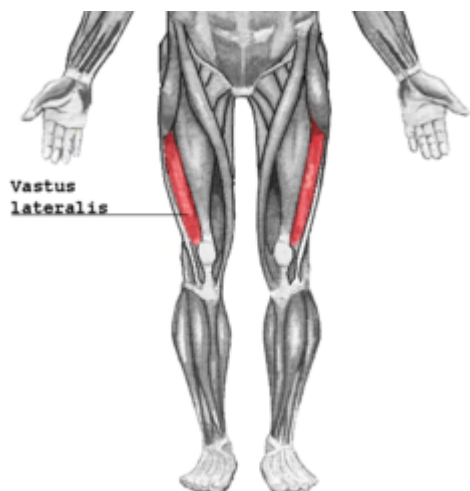
## Peroneus longus



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## **Vastus Lateralis**



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## Tibialis Anterior

