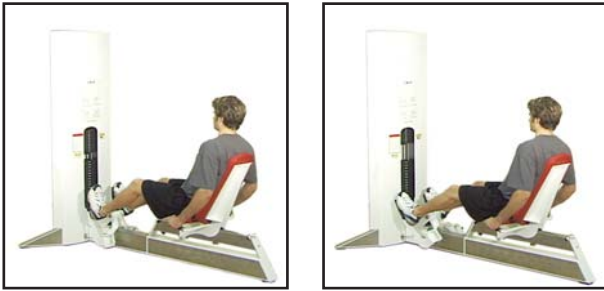

FreeMotion Calf Exercises

Two Leg Bent Knee Calf Press

TRADITIONAL



Alternating Legs Bent Knee Calf Press

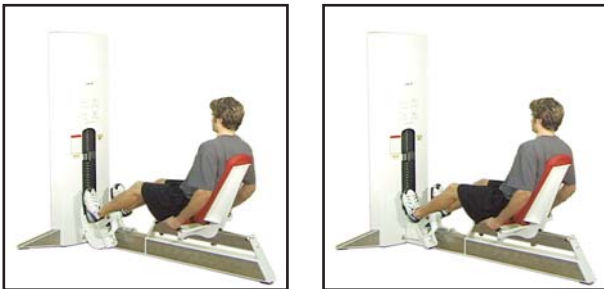
PROGRESSIONS



Alternating Legs Straight Leg Calf Press



Full Extension Pronation to Supination



Full Flexion Pronation to Supination

