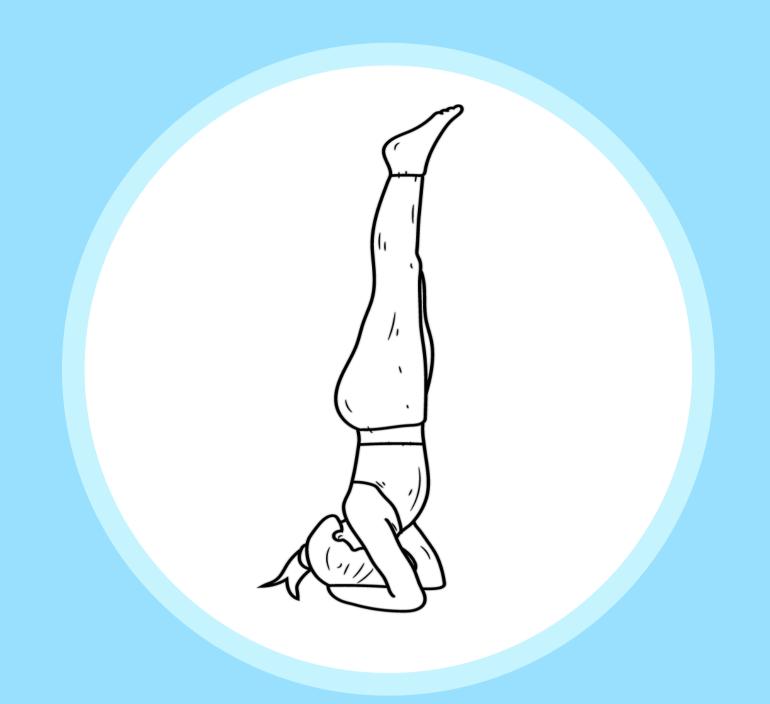
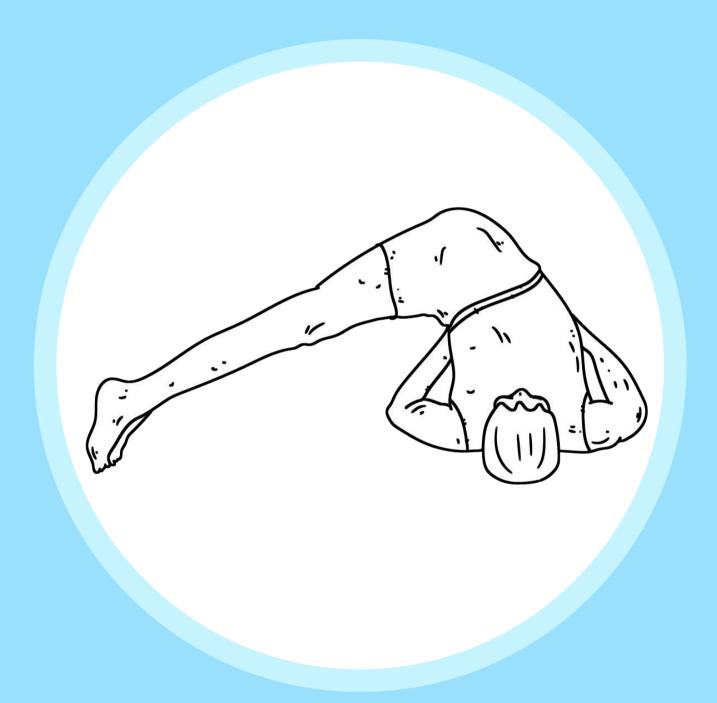
Hamstring and Calves (p. 1 of 6)



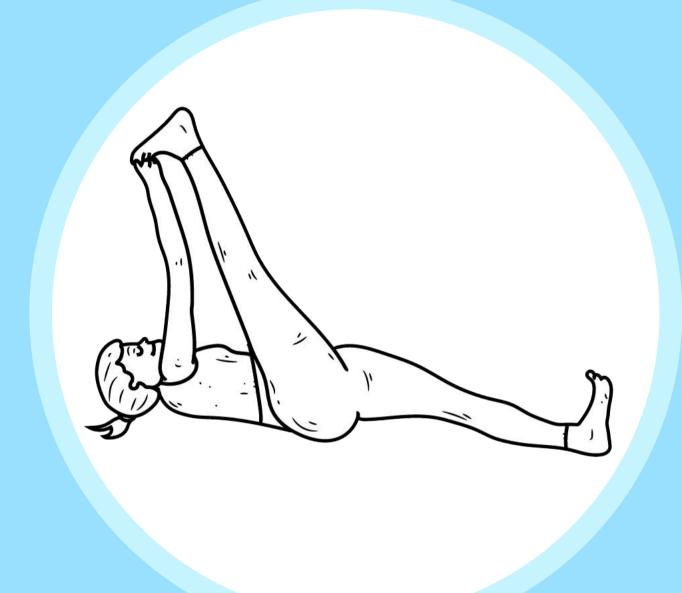
Any Standing Posture



Sālamba Śīrṣāsana (supported headstand)



Pārśva Halāsana (side plow)



Supta Pādānguṣṭhāsana (reclined big toe)



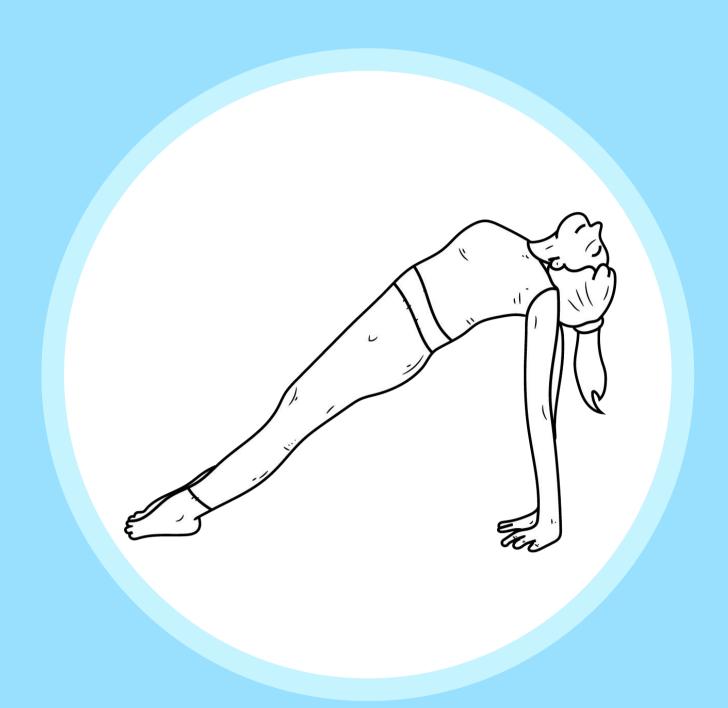
Anantāsana (side reclining)



Paschimottānāsana (staff)

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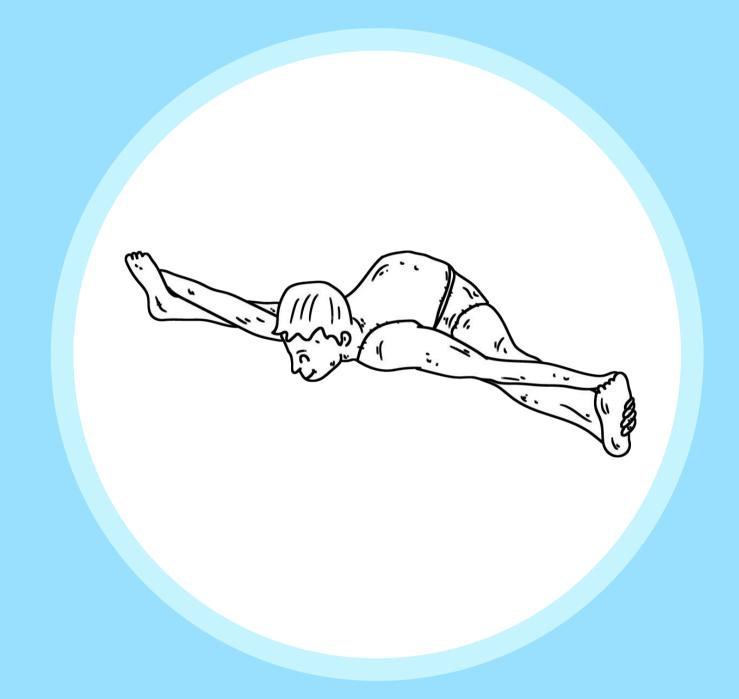
Hamstring and Calves (p. 2 of 6)



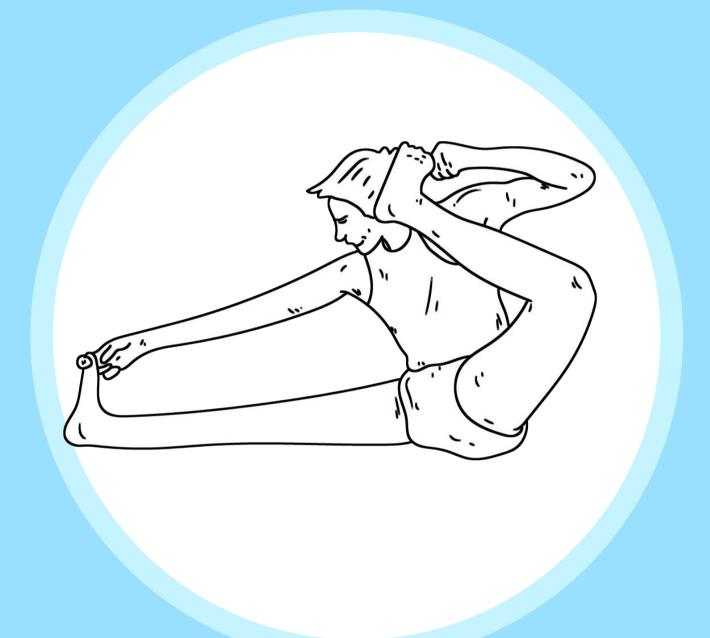
Pūrvottānāsana (inverted plank)



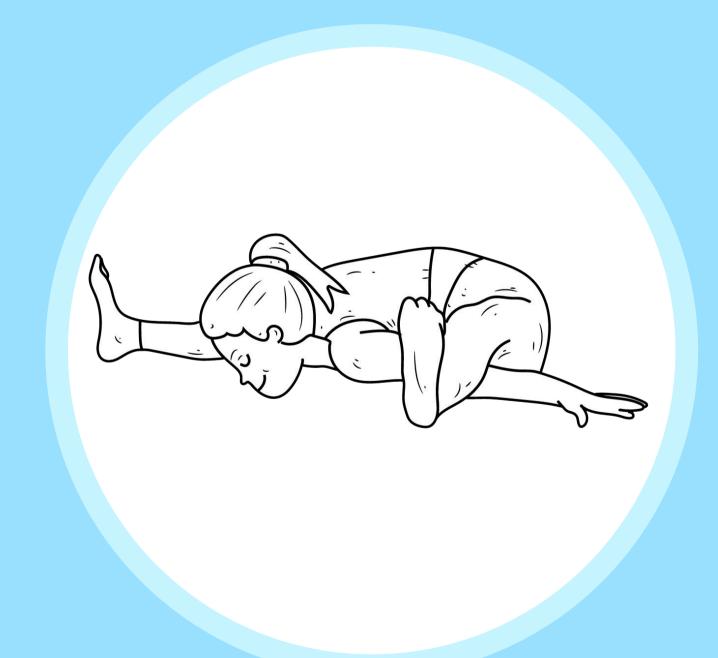
Baddha Konāsana (bound angle)



Upaviṣṭha Koṇāsana (seated angle)



Ākarņa Dhanurāsana (archer's pose)



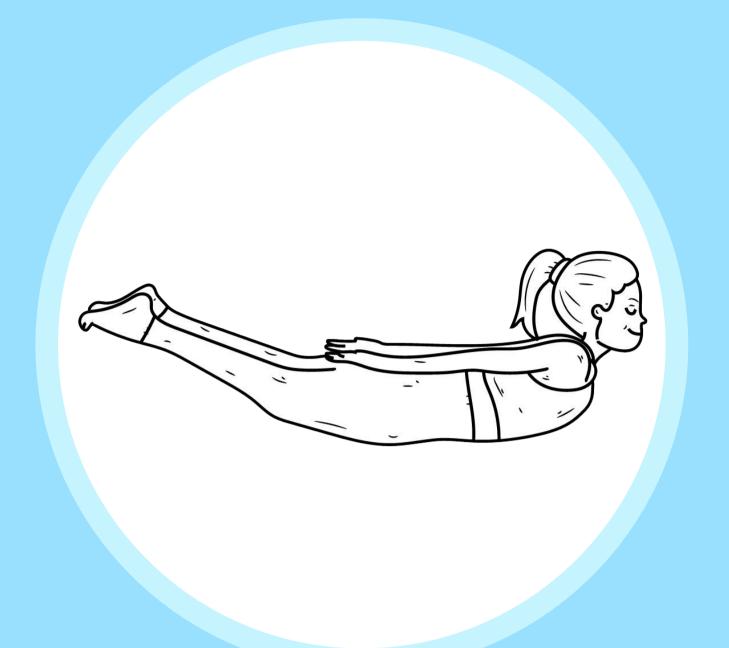
Kūrmāsana (turtle)



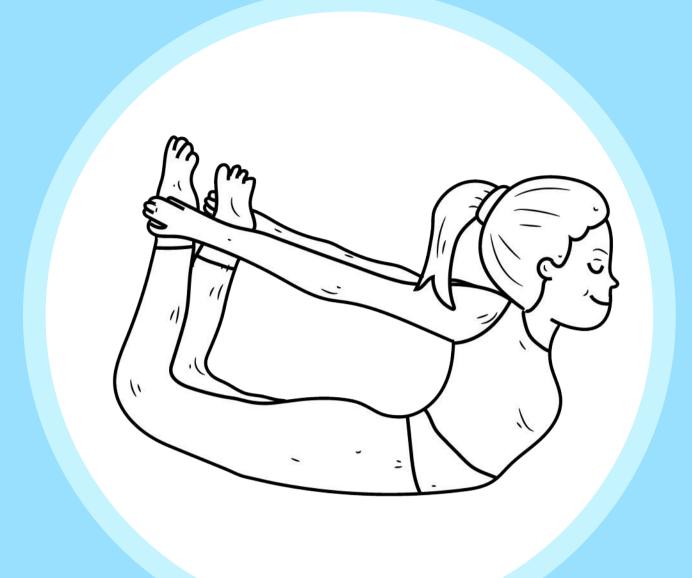
Ūṣṭrāsana (camel)

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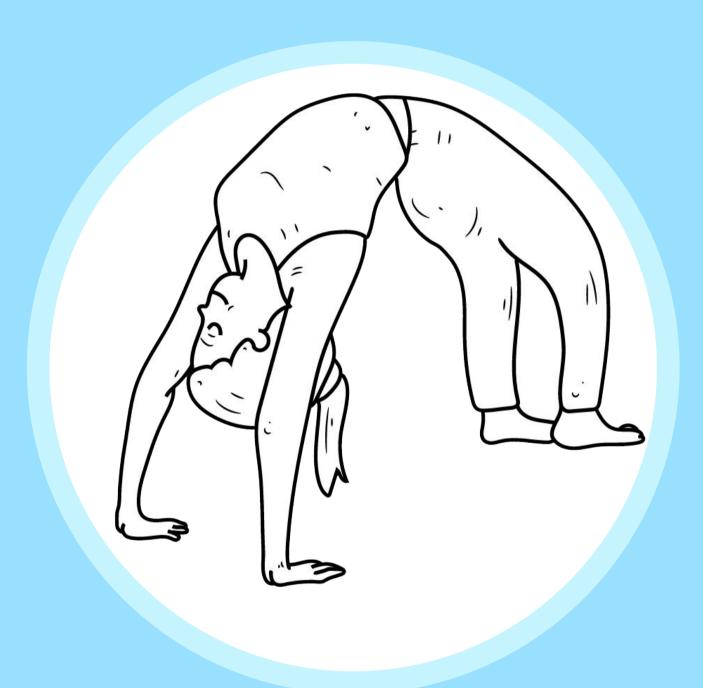
Hamstring and Calves (p. 3 of 6)



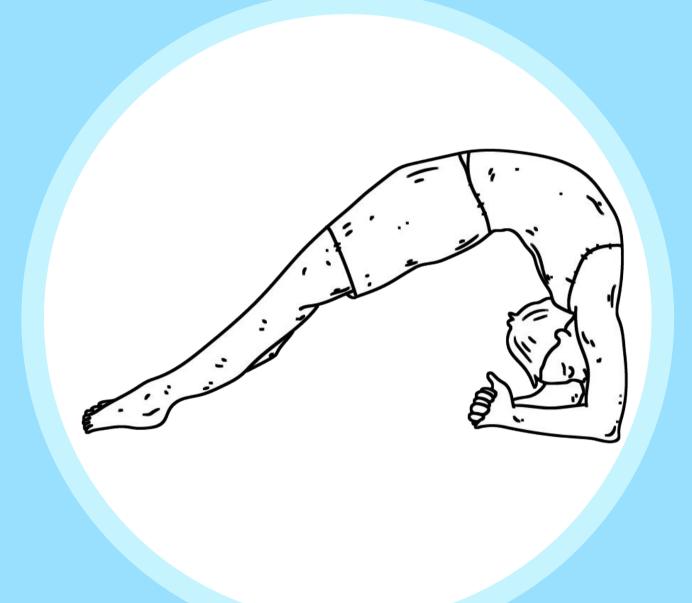
Śālabhāsana (locust)



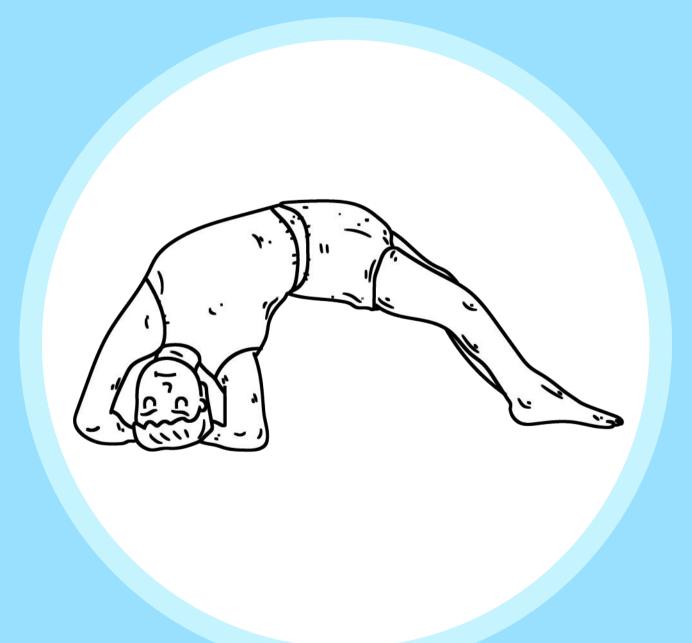
Dhanurāsana (bow)



Chakrāsana (wheel)



Dwipāda Viparīta Daņḍāsana (two-legged inverted staff)



Maṇḍalāsana (circle)



Ardha Marīchyāsana I (bound forward fold)

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Hamstring and Calves (p. 4 of 6)



Mālāsana (garland) II



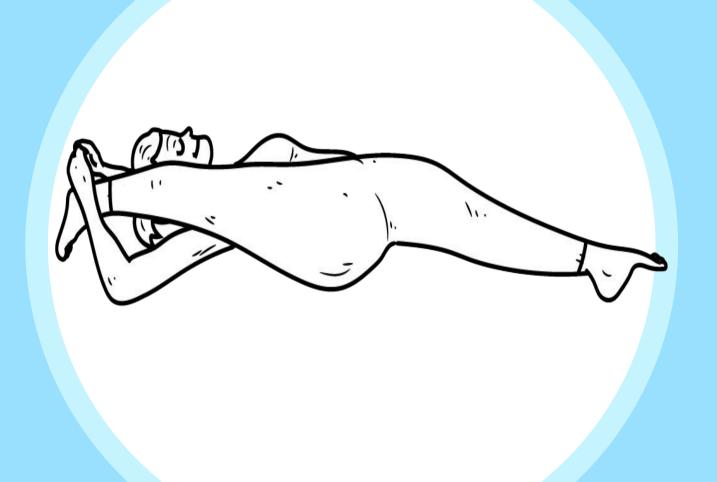
Pāśāsana (cord)



Hanumānāsana (splits)



Samakoṇāsana (even angle)



Supta Trivikramāsana (reclining three step)

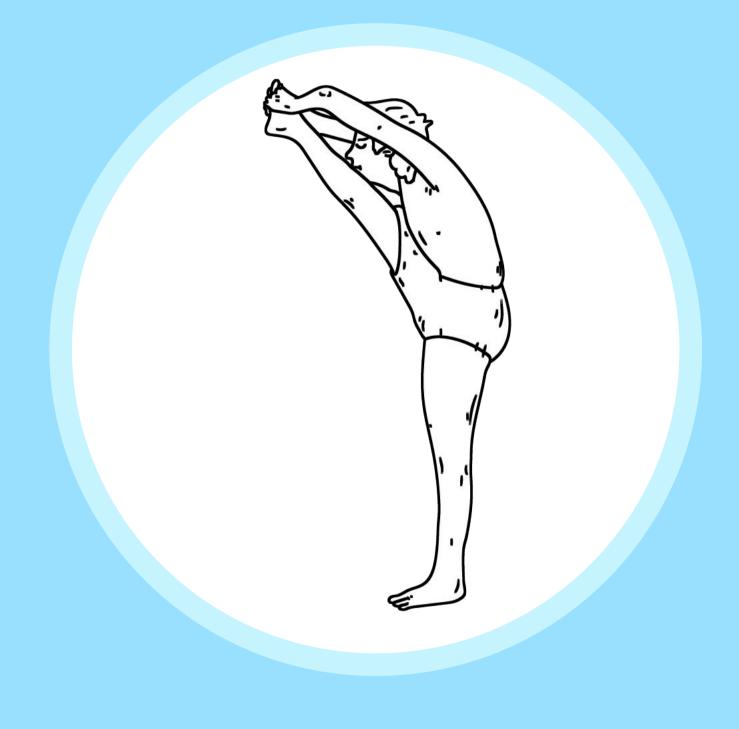


Jānu-Śīrṣāsanaa (head to knee)

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Hamstring and Calves (p. 5 of 6)

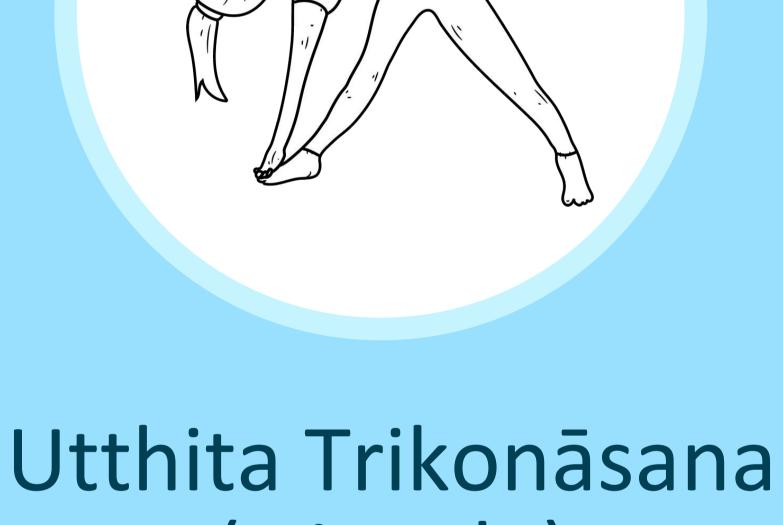




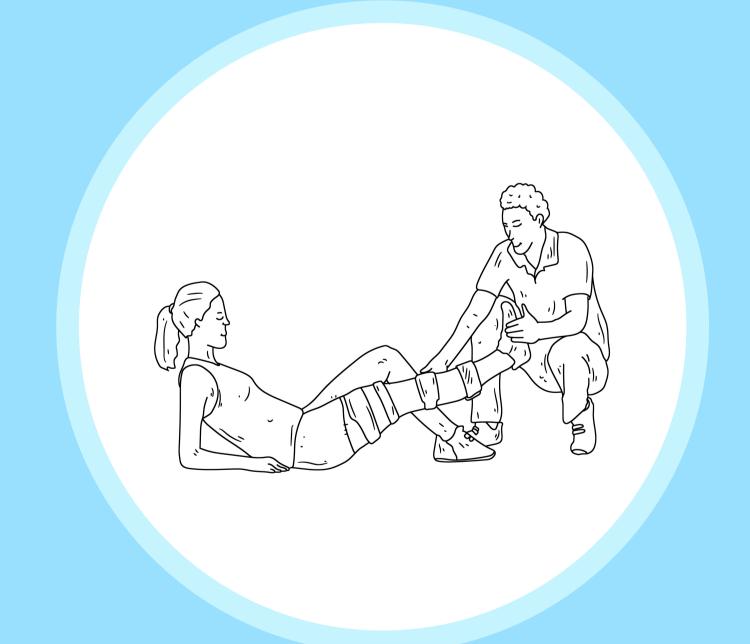
Uttānāsana

(forward fold)

Utthita Hasta Pādānguṣṭhāsana (extended hand to big toe)



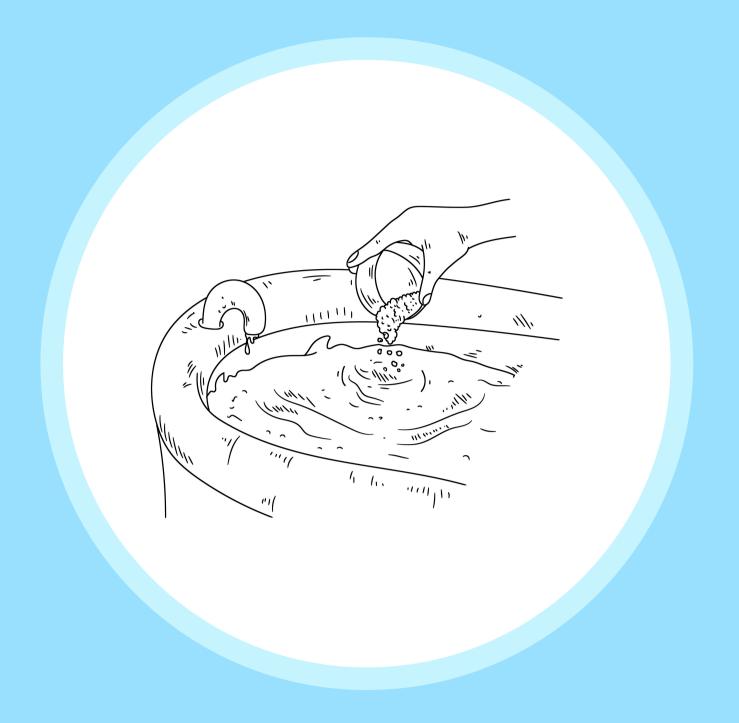
(triangle)



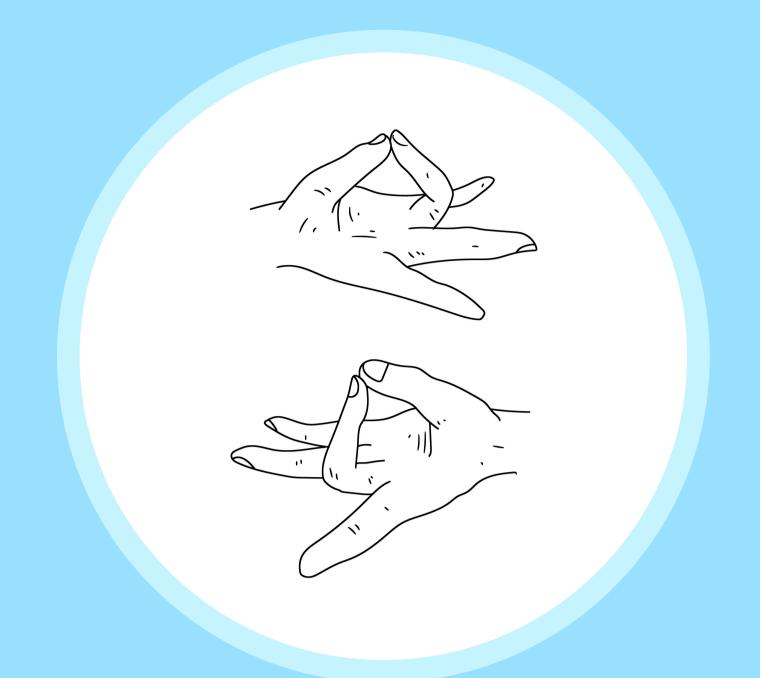
Find a Great PT

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Hamstring and Calves (p. 6 of 6)



Epsom Salt Bath



Joint Mudra



Olive Oil (massaged into body)



Magnesium



Adhomukha Śvānāsana (downward dog)

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