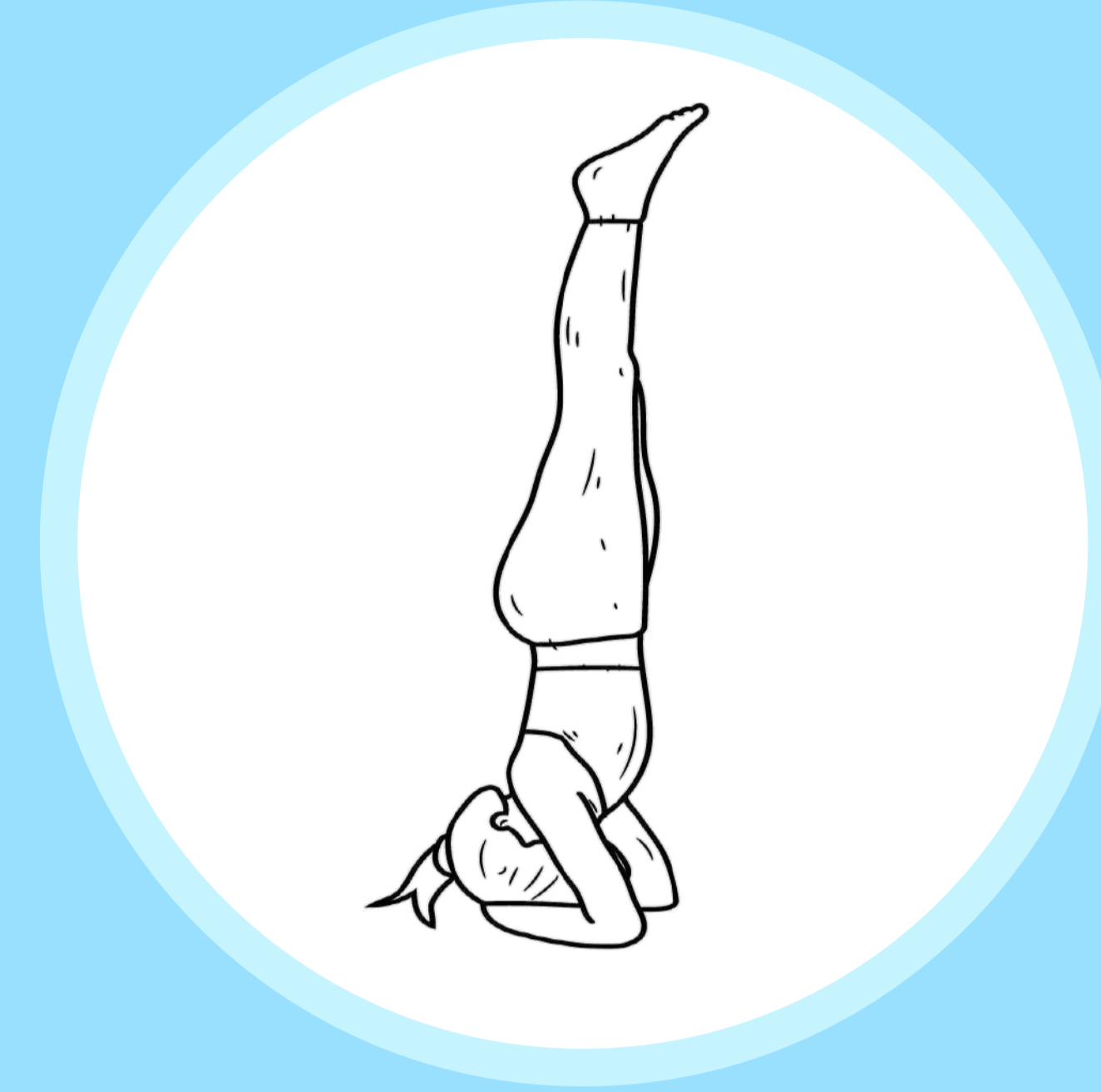


Hamstring and Calves

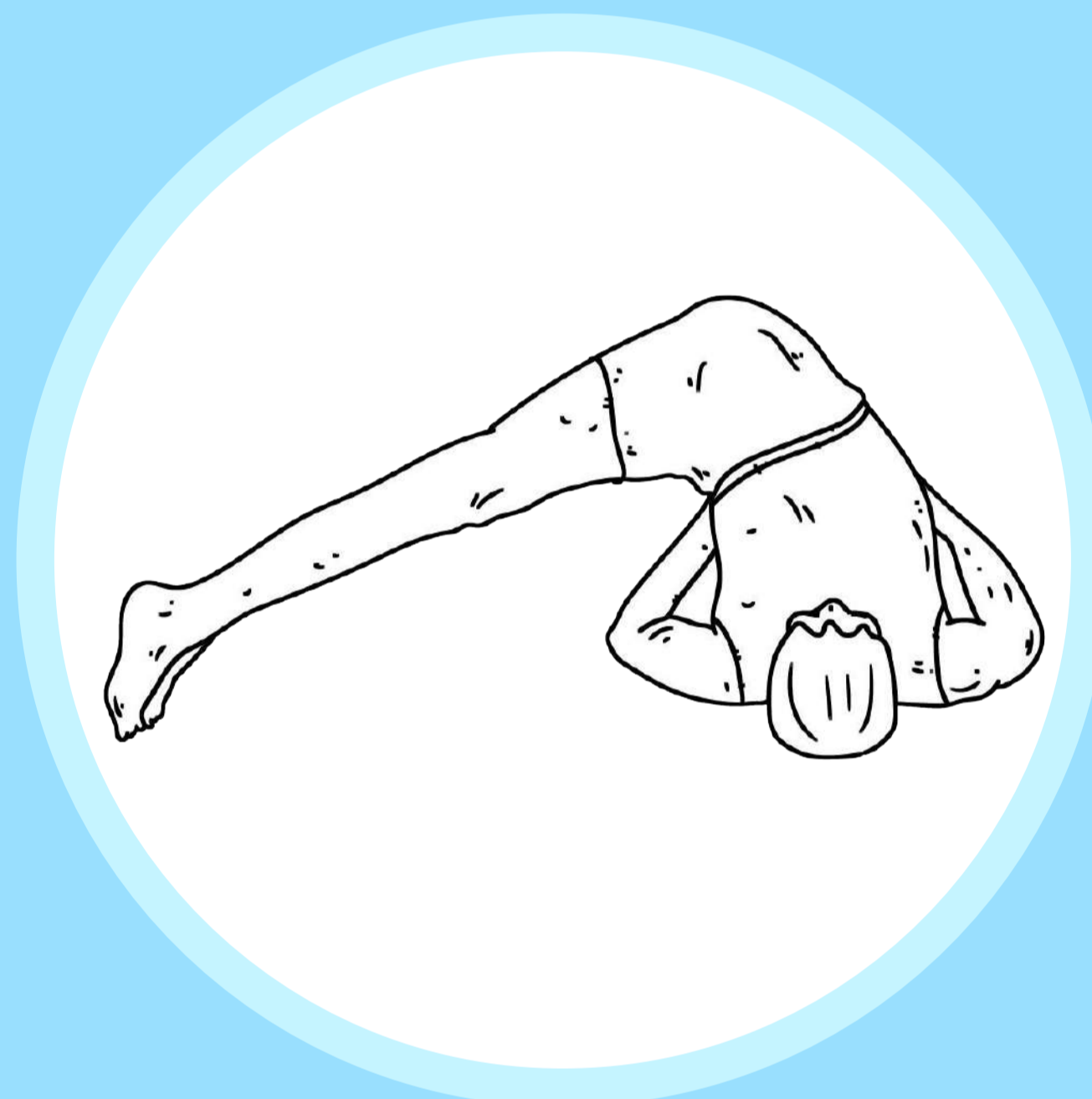
(p. 1 of 6)



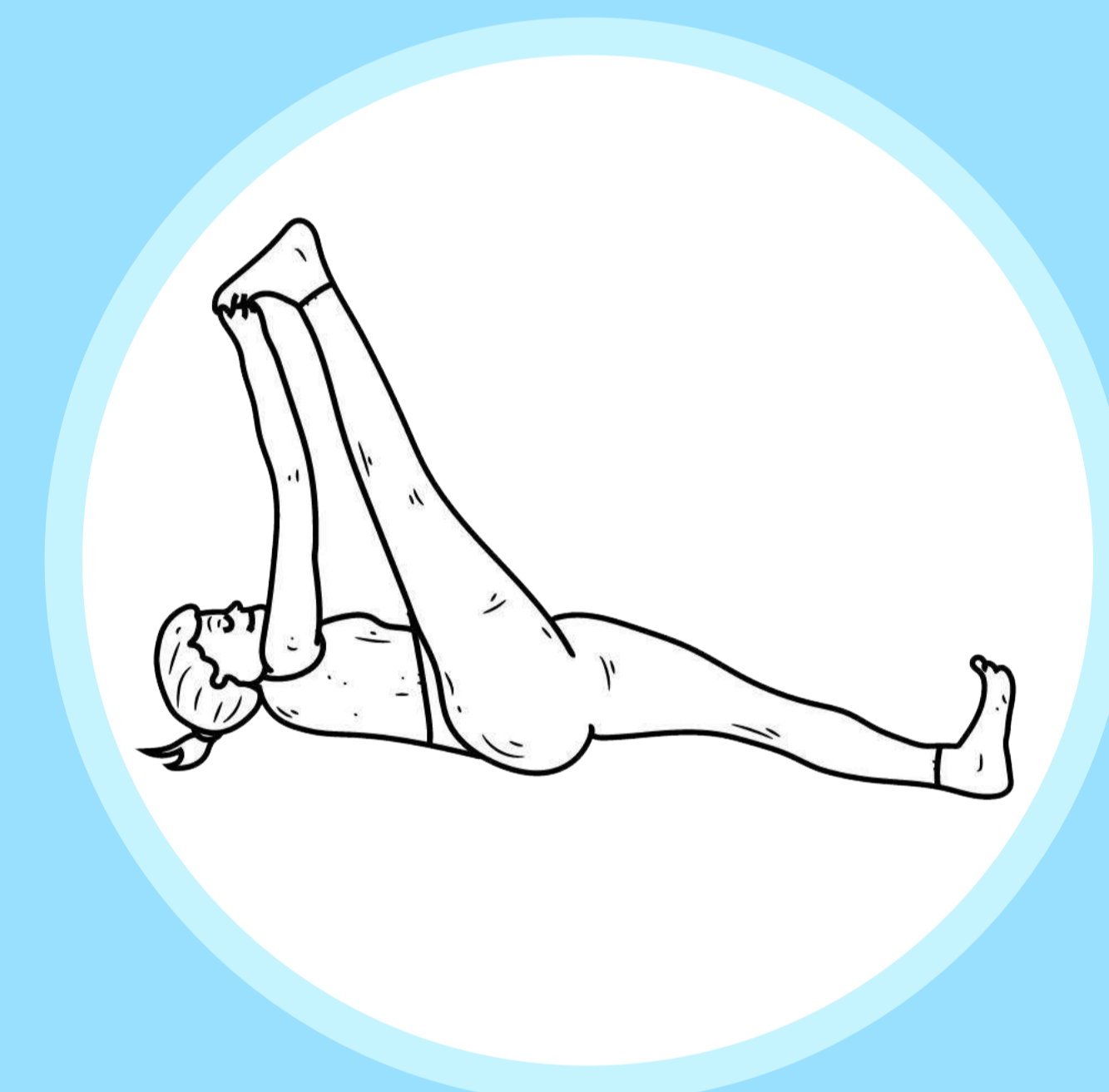
Any Standing Posture



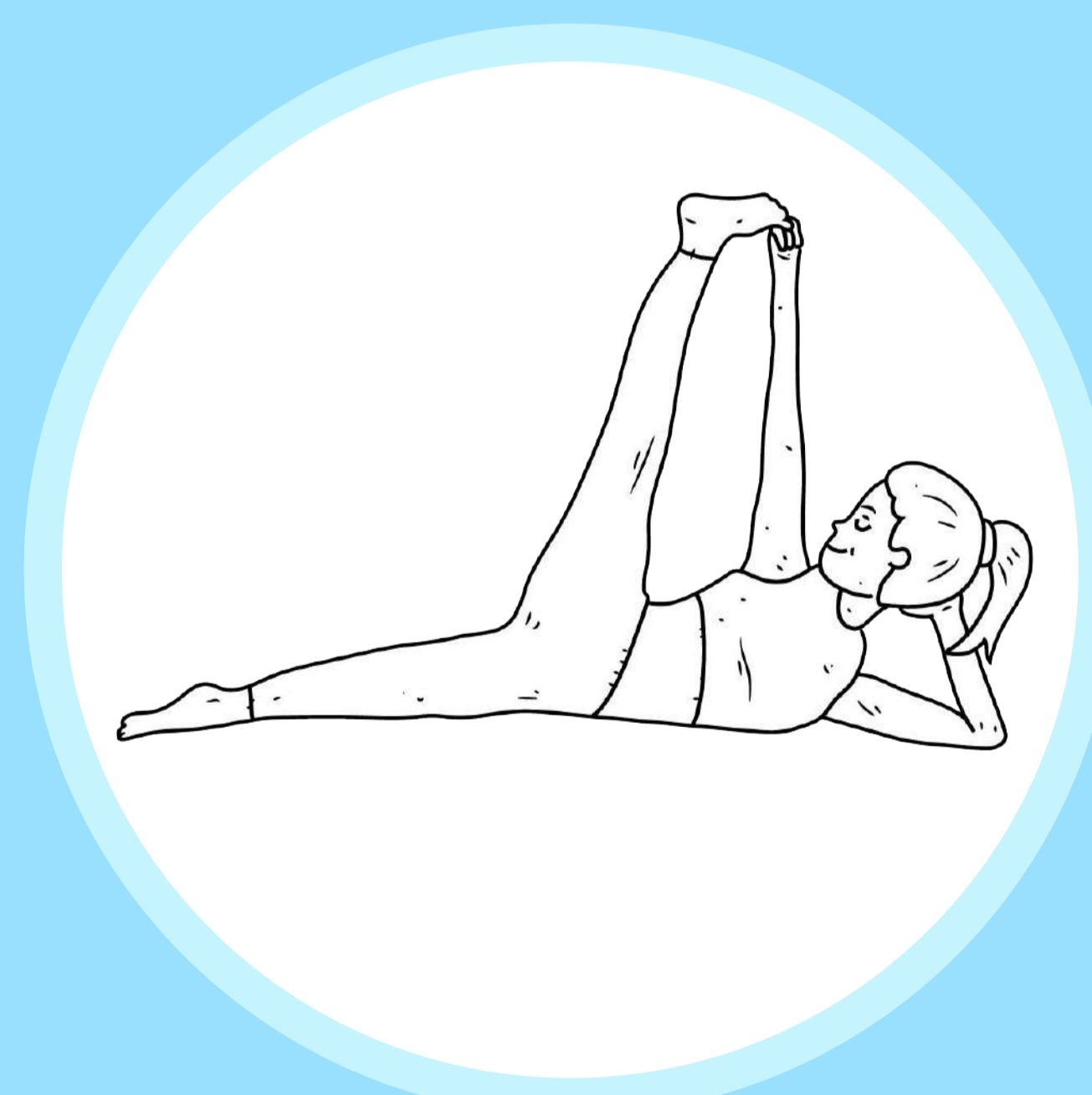
Sālamba Śīrṣāsana
(supported headstand)



Pārśva Halāsana
(side plow)



Supta Pādānguṣṭhāsana
(reclined big toe)



Anantāsana
(side reclining)



Paschimottānāsana
(staff)

Hamstring and Calves

(p. 2 of 6)



Pūrvottānāsana
(inverted plank)



Baddha Konāsana
(bound angle)



Upaviṣṭha Koṅāsana
(seated angle)



Ākarṇa Dhanurāsana
(archer's pose)



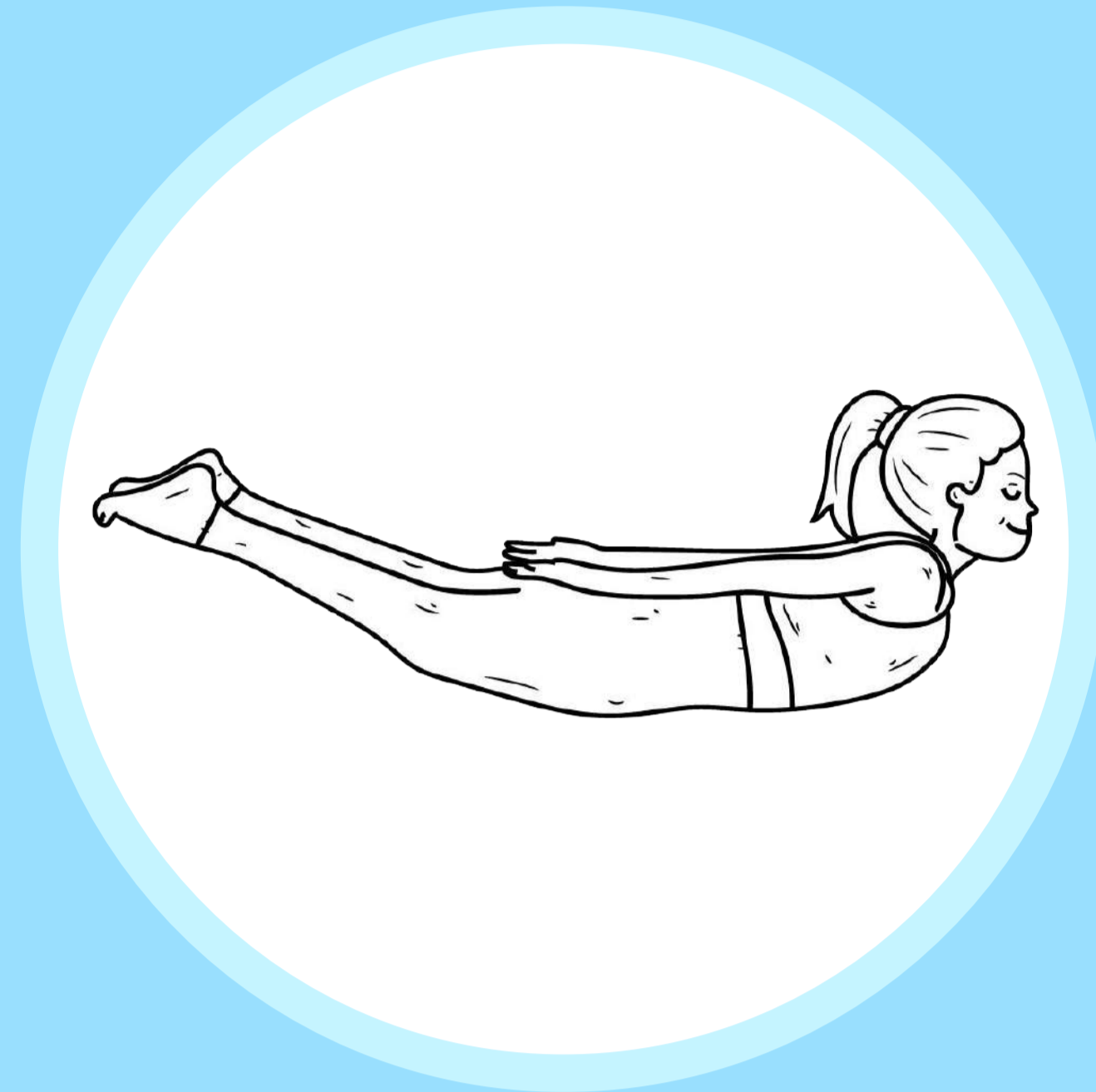
Kūrmāsana
(turtle)



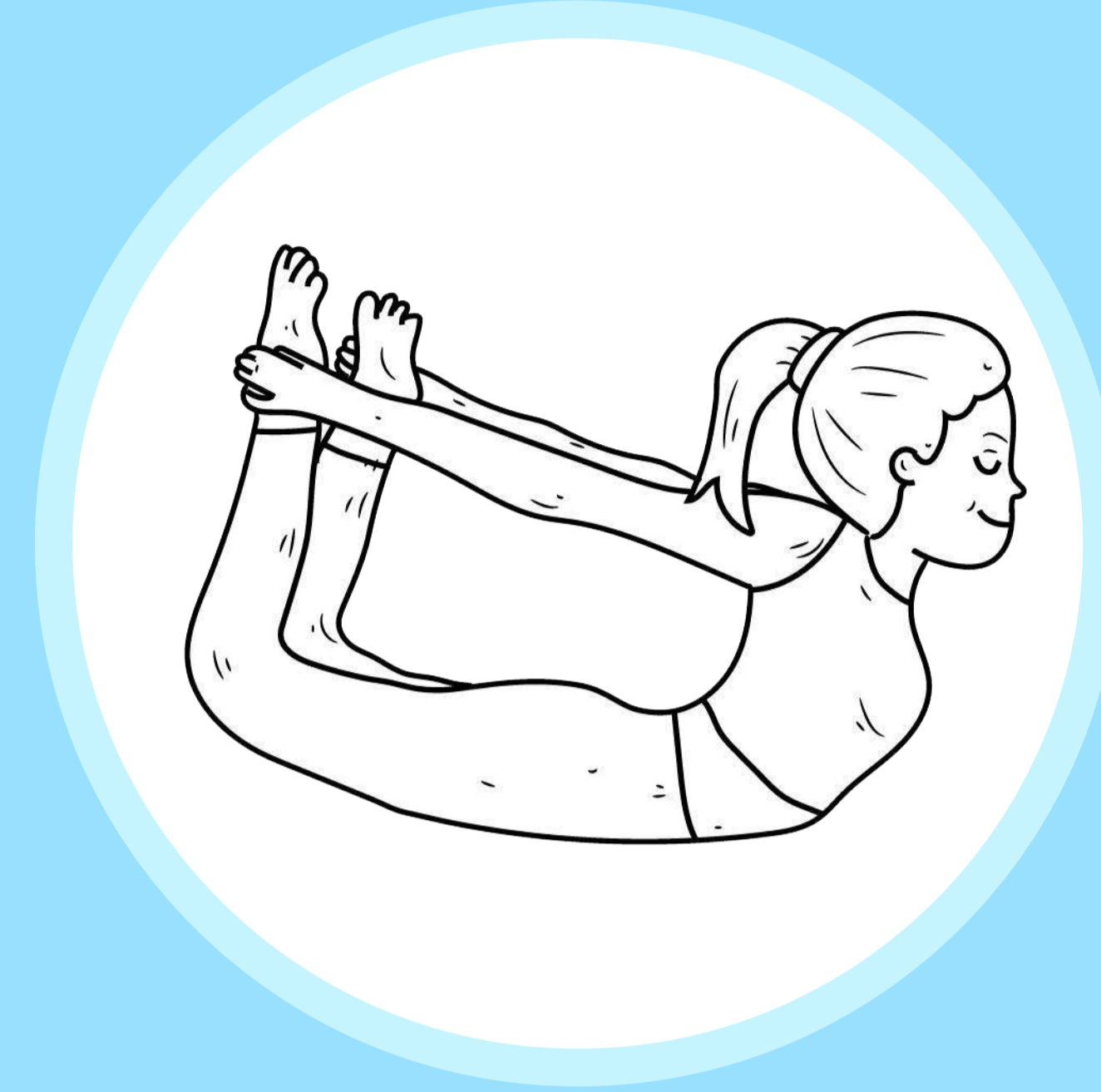
Ūṣṭrāsana
(camel)

Hamstring and Calves

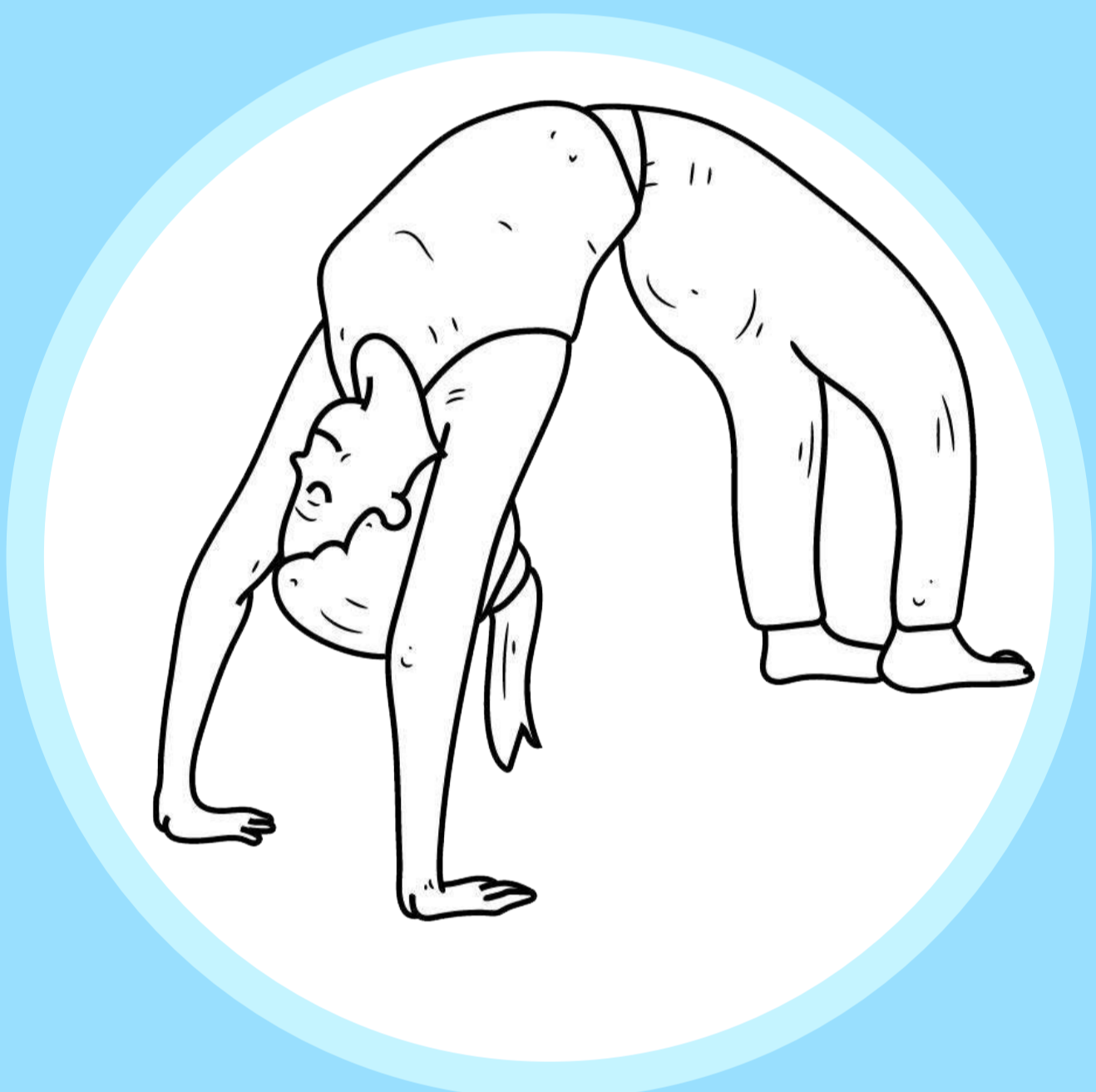
(p. 3 of 6)



Śālābhāṣana
(locust)



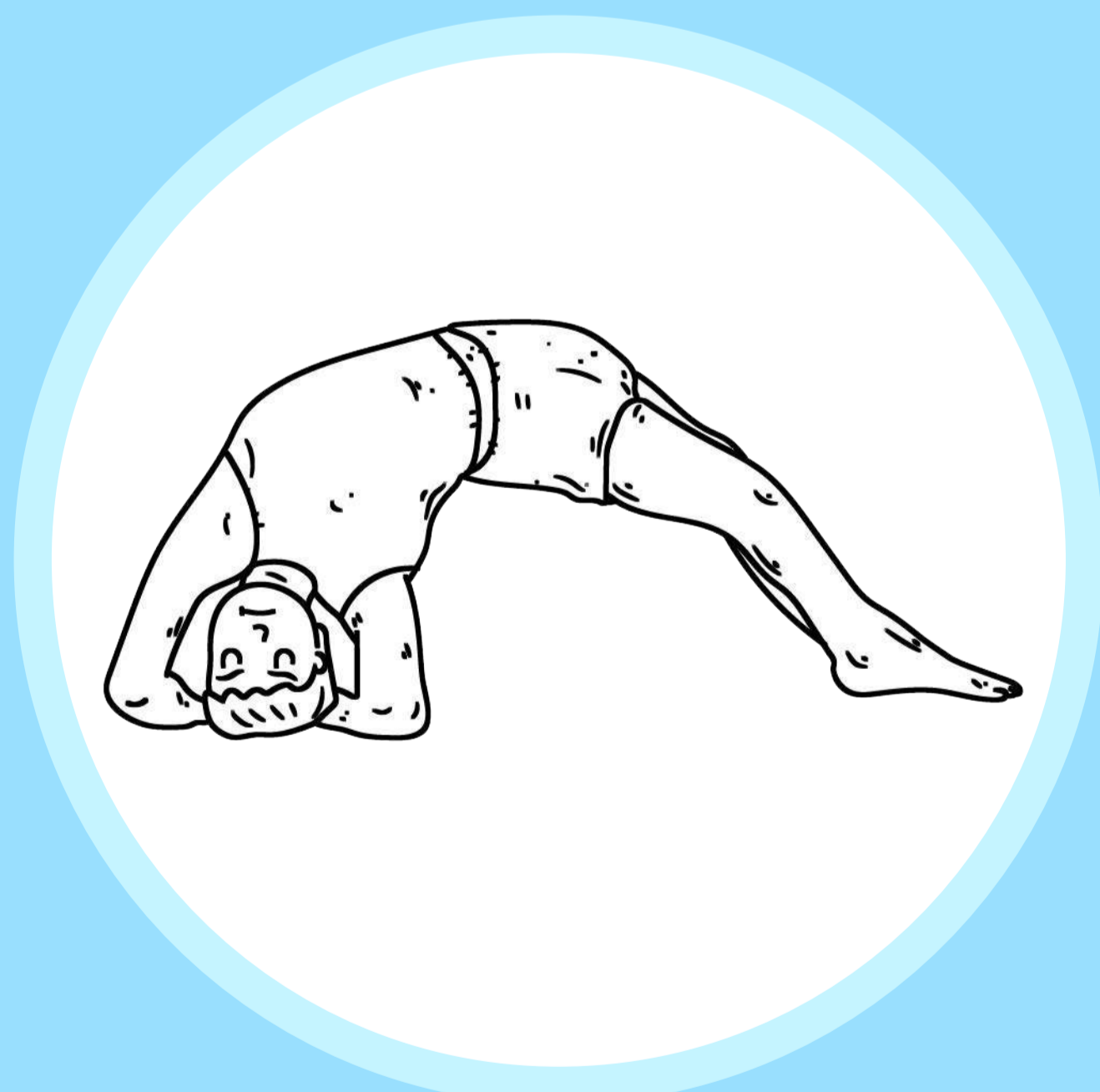
Dhanurāsana
(bow)



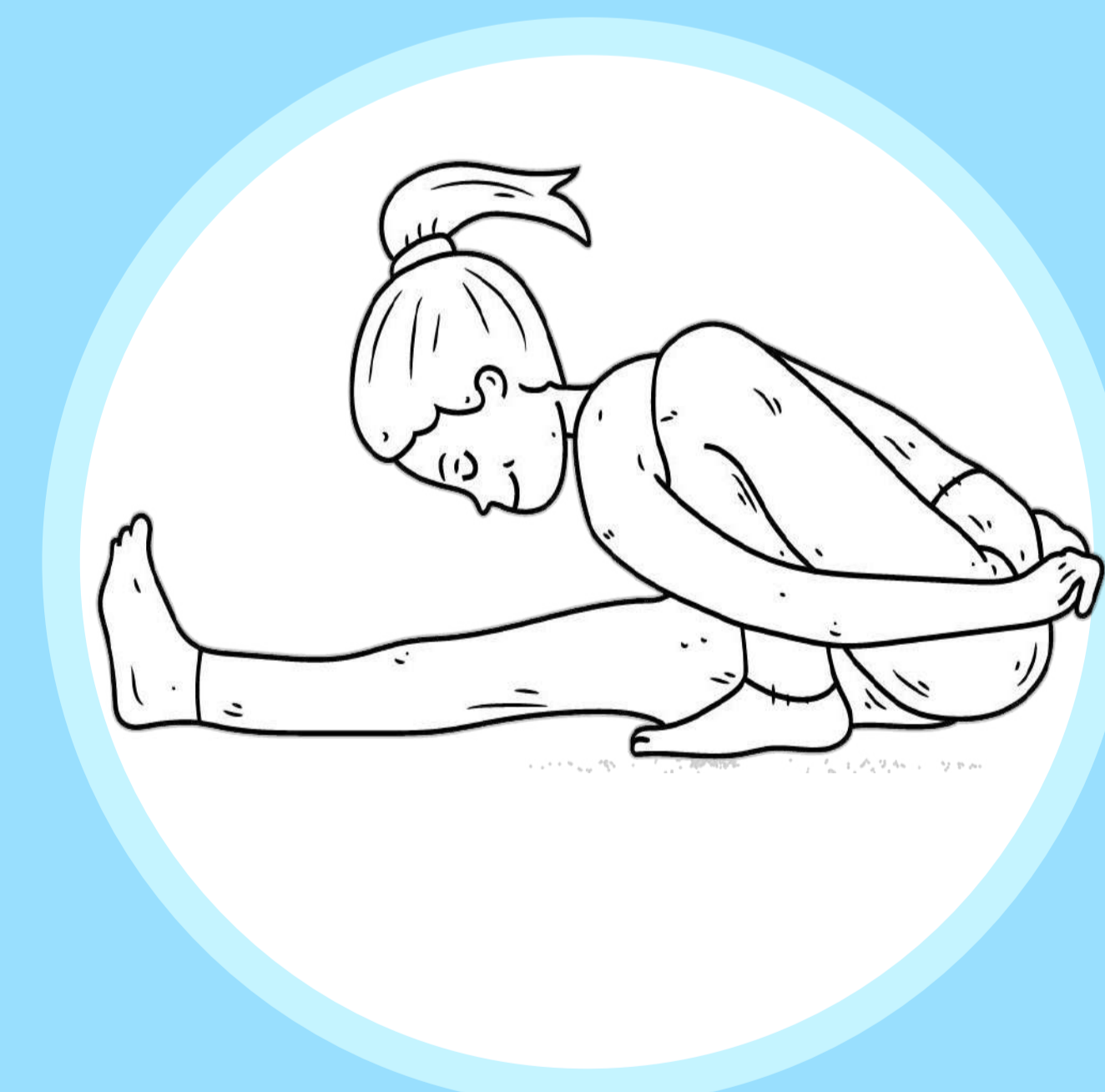
Chakrāsana
(wheel)



Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)



Maṇḍalāsana
(circle)



Ardha Marīchyāsana I
(bound forward fold)

Hamstring and Calves

(p. 4 of 6)



Mālāsana
(garland) II



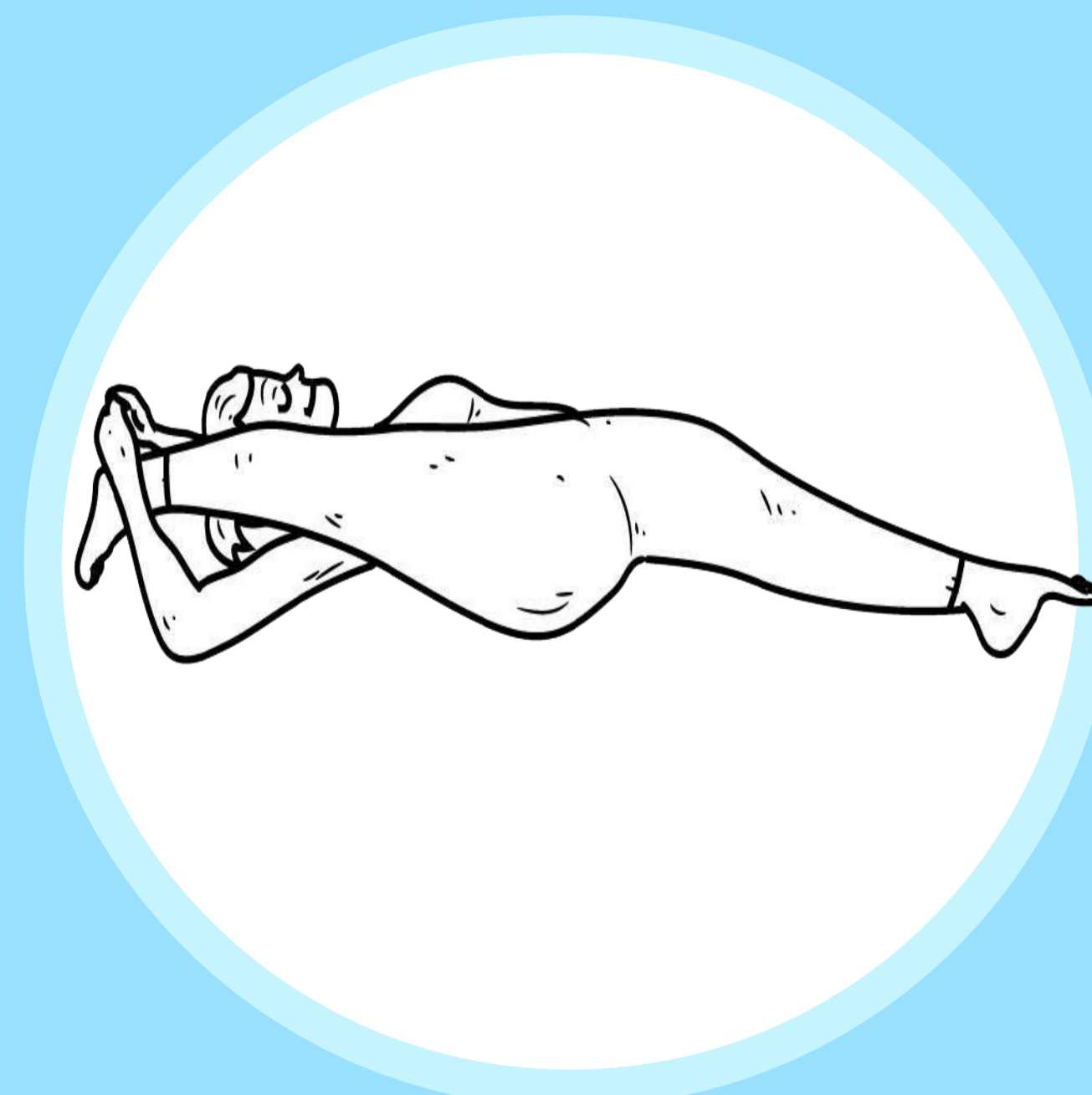
Pāśāsana
(cord)



Hanumānāsana
(splits)



Samakoṇāsana
(even angle)



Supta Trivikramāsana
(reclining three step)



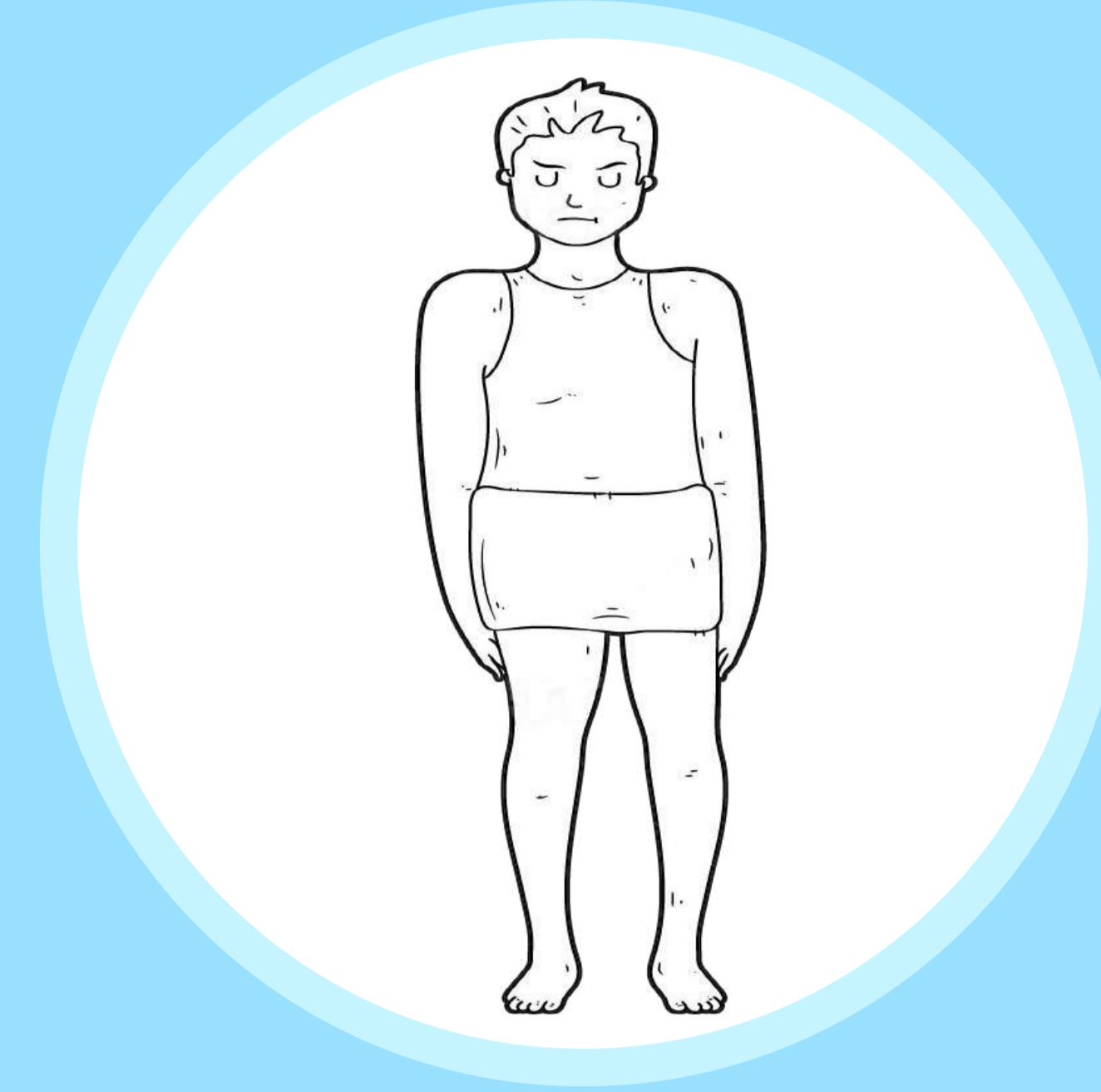
Jānu-Śīrṣāsana
(head to knee)

Hamstring and Calves

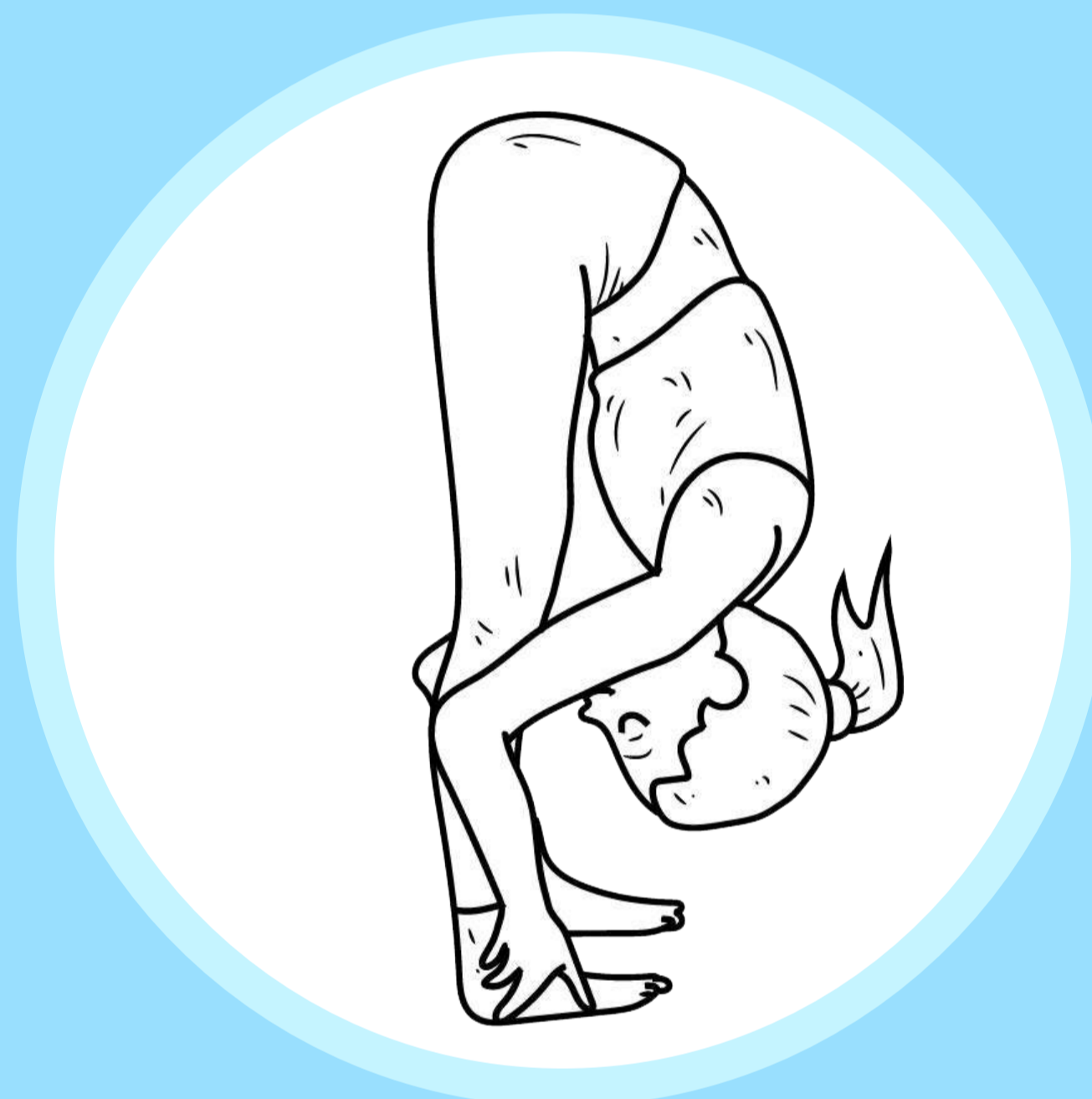
(p. 5 of 6)



Utkatasana
(chair)



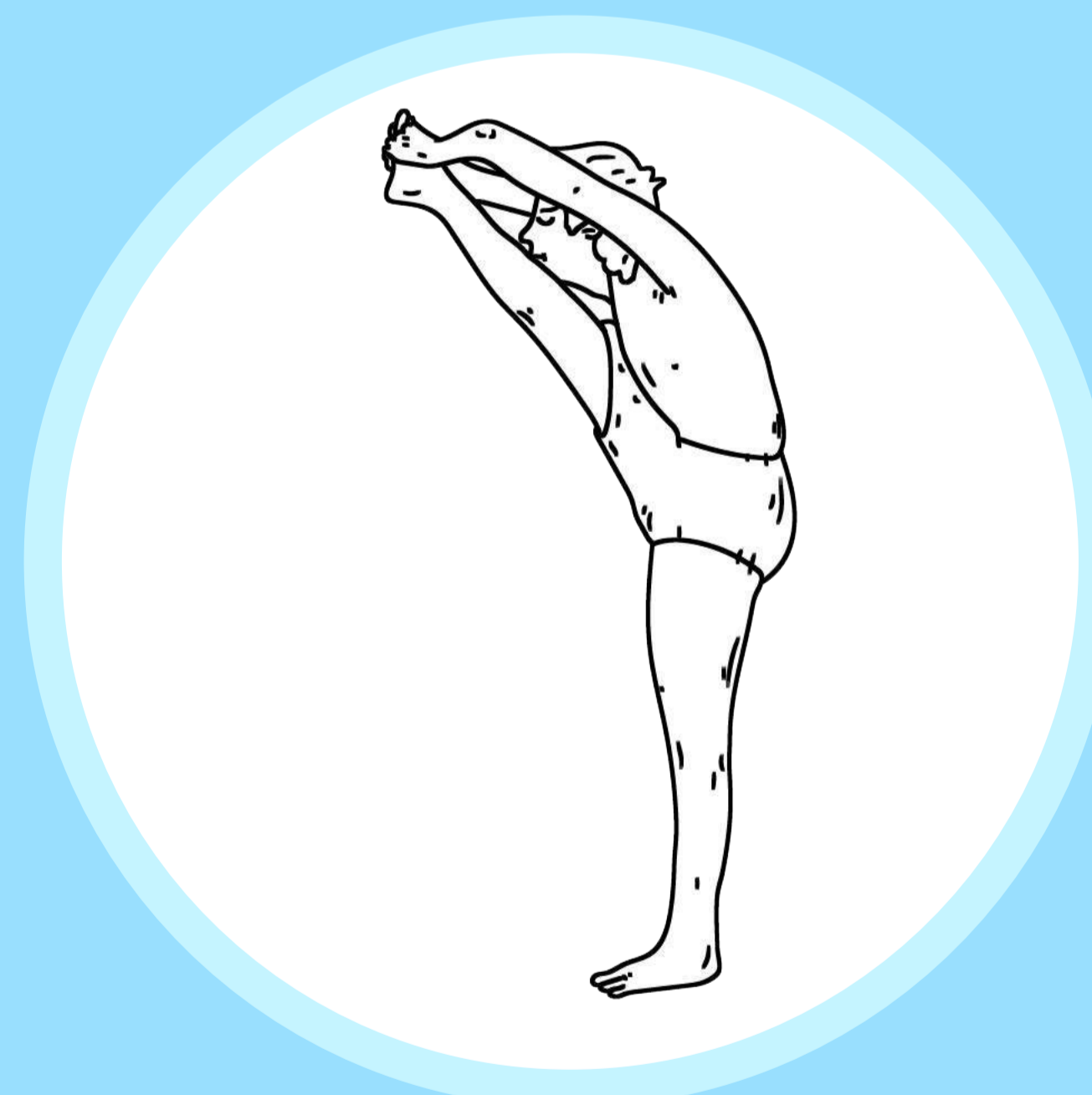
Tadasana



Uttānāsana
(forward fold)



Utthita Trikonāsana
(triangle)



Utthita Hasta Pādānguṣṭhāsana
(extended hand to big toe)



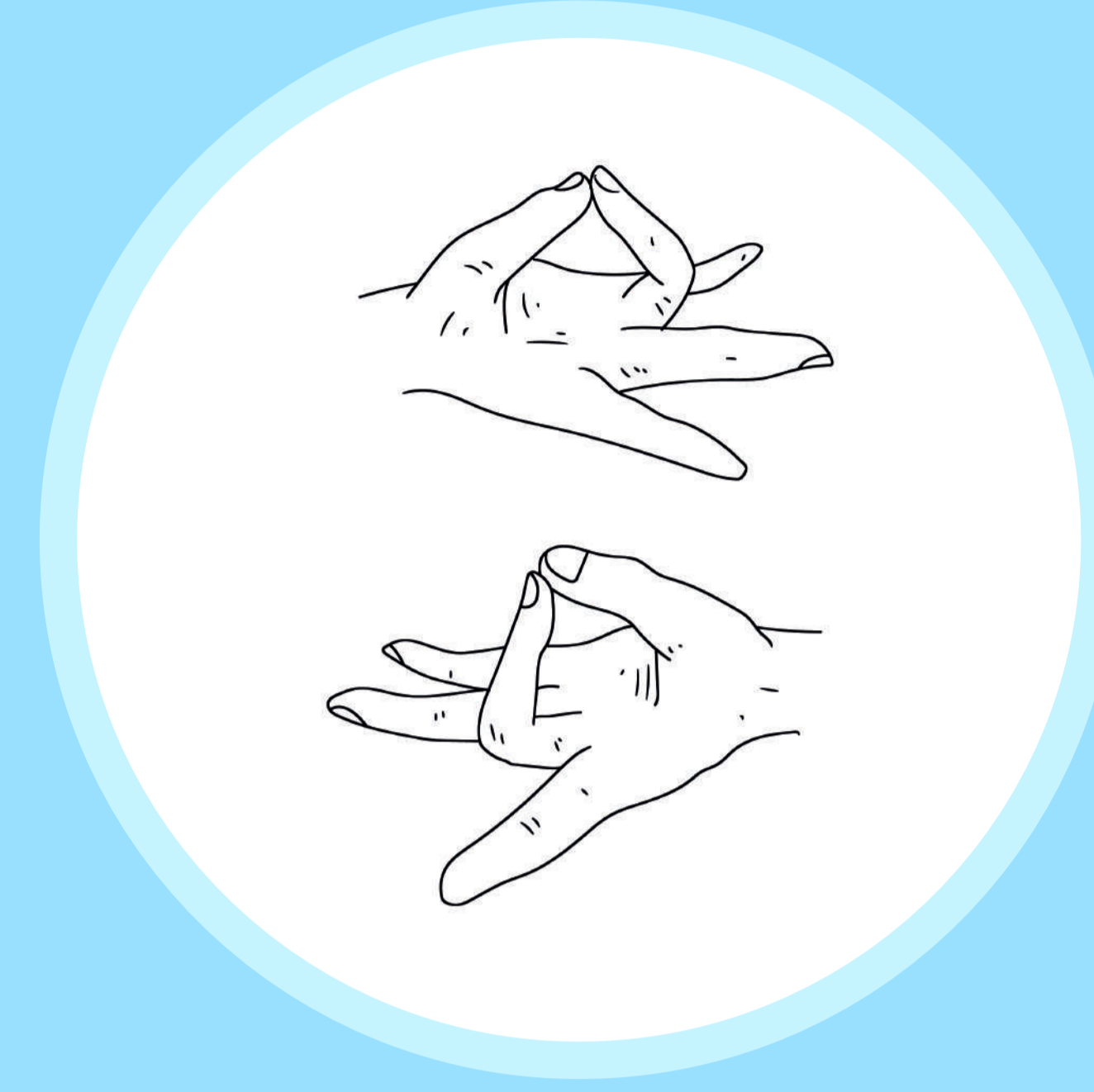
Find a Great PT

Hamstring and Calves

(p. 6 of 6)



Epsom Salt Bath



Joint Mudra



Olive Oil
(massaged into body)



Magnesium



Adhomukha Śvānāsana
(downward dog)