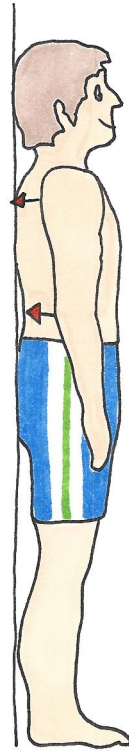
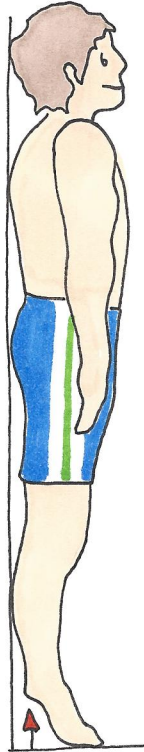
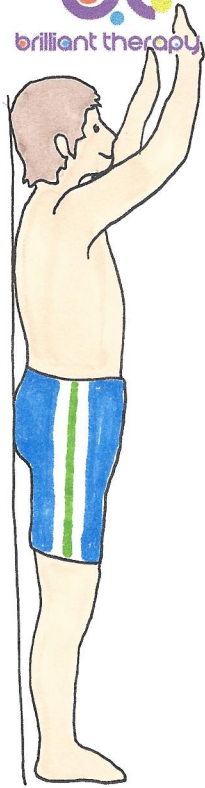




## Great Wall Exercises from Head to Toe



While keeping your back pressed against the wall, raise your hands up, and down slowly.

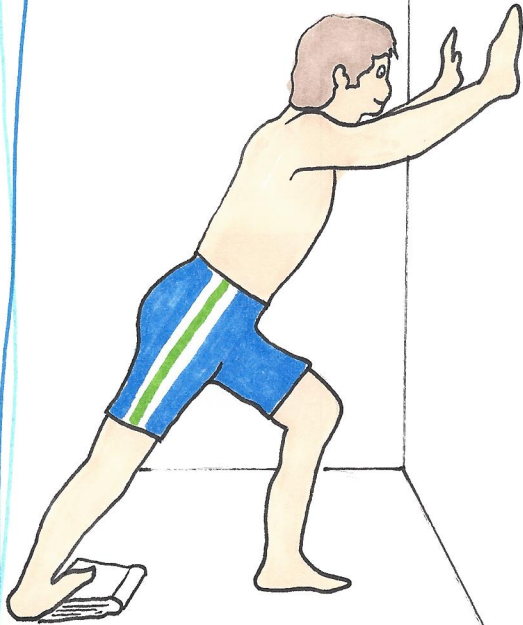
You may choose to use hand held weights

Move up on to your toes then back down on to your feet.

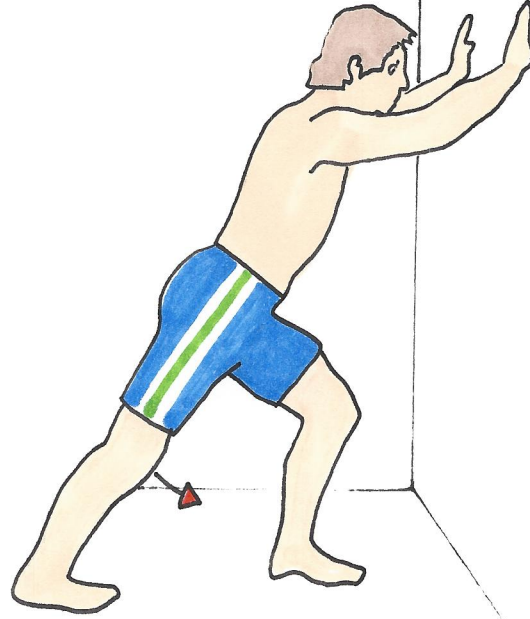
Press your back and shoulders close to the wall and hold it for 30 sec.



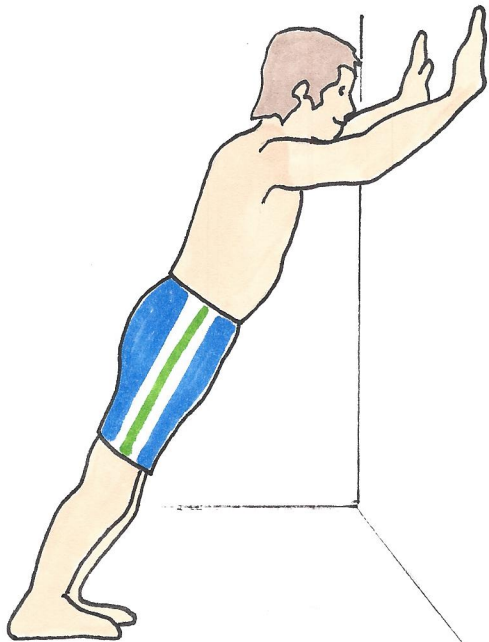
## Great Wall Exercises from Head to Toe



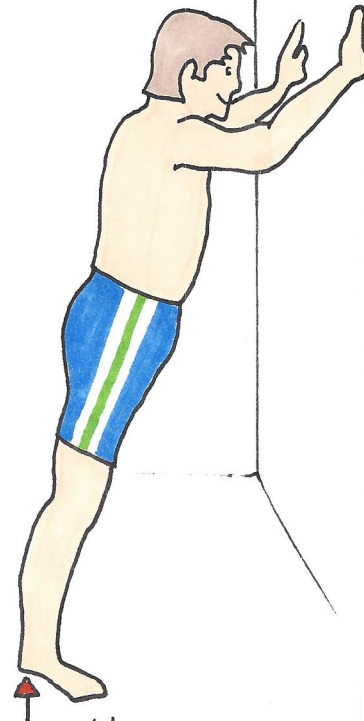
Gastroc Stretch



Soleus Stretch (can also be done with toe up on wall and knee bent.)



Wall Pushups: Do with hands shoulder width apart and then hands close together. (chest + triceps)



Heel Raises