



# INTEGRATE CALF STRETCH

## USER GUIDE



### OVERVIEW

The Integrate™ Calf Stretch is great for engaging calf muscles and improving balance. The two-sided design lets you use the product from both angles to engage different muscles.

### WHEN TO USE

Talking a call or listening to voicemail



Working at a standing desk



After a trip to the gym, over a lunch break



### TIPS AND FACTS

Use the Integrate™ Calf Stretch to help improve:

- Balance
- Circulation
- Flexibility

Moving the toes or heels away from the edge makes the motion more difficult.



Easier



More Difficult

Try performing the movements on one leg for a higher degree of difficulty. When using one leg rest the unused leg across the back of your other leg.

### HOW TO USE

The calf stretch is meant to be used when standing. It is ideal to have something nearby to use to brace yourself when using the calf stretch.



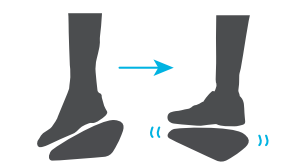
#### TOES UP STRETCH

1. Place toes slightly over the higher edge
2. Rock forward until your toes touch the floor
3. Return to initial position
4. Repeat for 20 -30 repetitions



#### TOES DOWN STRETCH

1. Place feet so heels hang off the edge
2. Rock backwards until your heels touch the floor
3. Return to initial position
4. Repeat for 20 repetitions or stay in position for static stretch



#### BALANCE

1. Stand on the calf stretch with the tallest part of the platform closest to you
2. Bring your toes toward the ceiling and balance with your foot in a neutral position
3. Balance for 1-3 minutes. Use an object for support while balancing