

FUNDAMENTALS

FASHENIC  
STYLE

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# stretch block

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# 01

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One of the core principles of effective training is progressive overload. This involves aiming to improve slightly from your previous session—by doing more reps or sets, shortening rest periods, or increasing your range of motion. It applies to both strength and mobility exercises.

Tracking “moving more” or improving mobility can be challenging. Another difficulty comes from the exercises themselves: what should you do when a movement feels too easy or too hard? That’s where the Stretch Block comes in!

In Yoga, blocks have long helped support specific stretches. Today, fitness professionals have expanded their uses, finding even more ways to integrate them into effective workouts.

With your new Stretch block, you’ll be able to stretch more effectively. But at the same time, you’ll also be able to perform new strength exercises. To help you stay safe during more dynamic movements, we have also improved the material of the Stretch block to provide more stability than a traditional block.

## Introduction

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## DISCLAIMER

Please be aware that the equipment is intended solely for the purposes described in this E-book. We are not responsible for any other or improper use of the equipment. The exercises and guidance in this E-book are not for medical treatment and do not replace medical advice. If you have injuries or health conditions, please consult a qualified healthcare professional.

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## SAFETY

To train safely, please use your Stretch block only on even and stable ground. This will make sure that it cannot slip during exercises. Use your Stretch block according to your level, i.e. choosing the appropriate side. Do not start with the most difficult side unless you are already a proficient user.



# 02

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A Stretch Block is a rectangular training tool made from durable, high-density material. This construction gives it stability, extra grip, and increased friction with the floor. Despite its sturdiness, the block is lightweight and easy to carry anywhere.

Its height can be changed by flipping it onto different sides, making it a flexible tool. This lets you adjust the difficulty of exercises to suit your level—either easier or more challenging. It works well for traditional stretches, strength exercises, and both warm-ups and cooldowns.

To maintain your Stretch Block, wipe it down with a damp cloth after use. If you use it with oil, clean it immediately afterward, as dried oil can be difficult to remove.

**So, what is a Stretch block?**

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## The Basics: What you need to know

Using the Stretch Block alters the biomechanics of your exercises. What does this mean? Biomechanics explains how physics affects our body movements. When a joint like your shoulder moves, the effort your muscles must exert depends on the length of the levers involved. By changing the distance your body travels during the movement, you adjust the effort needed to perform it. This distance is also known as your “range of motion.”



## What is range of motion (ROM)?

Every joint has a spectrum in which it can move, or simply put, how much it can bend, straighten, or rotate. The same is true when multiple joints work together in movements like Squats. This is what is described as “range of motion.”

The Stretch block can alter the range of motion of exercises by giving you extra room to maneuver. For example, in a normal Pushup, it is not possible to move your chest lower than your hands. The floor is simply

in the way. However, by elevating your hands with the help of the Stretch block, you can increase that normally limited range of motion.

Your range of motion can also be limited by your individual movement capabilities. For example, many athletes have restricted ankle flexibility, which limits the depth of their Squats. They simply cannot move their knees further forward because their ankles lock up. By putting a Stretch block under their heels, these athletes could still practice a deep squat and improve their leg strength as well as their hip mobility. Of course, they should still work on their ankle flexibility!



## How does this apply to stretching?

By stretching, you are trying to work on your body's flexibility. To do this, you will optimally use a specific set of stretches targeting your individual weak areas. However, sometimes even the most "basic" stretch for your specific weakness might still be too difficult. Maybe the stretching sensation is too painful, or you can't even get into the proper position. This is where your Stretch block can help you. It can do so by decreasing the range of motion you need to start the stretch. For example, if you struggle to perform a Pancake Stretch, you might find sitting on a Stretch block helpful to get into position.

Or perhaps you're already flexible and finding it hard to discover stretches that improve your flexibility further. When you reach that stage, the Stretch Block can help. It can make stretches that have become easy challenging again by increasing your range of motion. For example, if the Hip Stretch no longer targets your hip flexors, placing a Stretch Block under your front foot can make the stretch effective once more.

## How does this apply to resistance training?

In strength training, a similar challenge arises: to build strength, you want to perform exercises that target the areas you wish to improve. Sometimes, however, completing even a few reps can be difficult. In such cases, use the Stretch Block to reduce the exercise's range of motion. For instance, if a full push-up to the floor feels too hard, place one or two Stretch Blocks under your chest. By limiting the range of motion, you'll be able to begin safely and gradually build strength.

Practice the exercise with the Stretch Block, and once you become stronger, you can take it away. Or perhaps some exercises already feel easy? In that case, the Stretch Block can extend your range of motion, making them more difficult. For instance, with Pushups, placing a Stretch Block under one arm increases the challenge on that side, helping you progress toward One-Handed Pushups.



## How to modify stretches and exercises

Your Stretch block has three sides: The highest is 23 cm long (when placed vertically), the second-highest or medium is 15 cm long (when placed onto its side). The shortest side measures 7.5 cm (when placed flat on the floor). So, you're able to do some nice adjustments to your exercises by moving from the longest to the shortest side or vice versa.

But how do you know when, and how to use the Stretch block? The short answer is: Whenever you need it! Feel like you can't make the required reps or can't make it into the stretch

Struggling with your current position? Grab your Stretch Block. Feel like you've hit a plateau with your favorite exercises? The Stretch Block can help. Identify the range of motion that isn't quite right too easy or too hard and adjust it.

Don't stress if you don't have a clear example yet—we've got you! In the next section, we'll show stretching variations and common strength exercises so you can make the most of your Stretch Block.



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**LOWER BODY**

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**Hip Stretch**

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Many of us spend long hours sitting, which often leads to tight hip flexors. The Hip Stretch from a lunge position is an excellent way to open up the hips by targeting the hip flexors of the back leg. Initially, achieving a full range of motion in this stretch can be challenging.

Using a Stretch Block allows you to reduce the range of motion, making it easier to get into position and still benefit from the stretch. Placing the block under your front foot, on the other hand, increases the range of motion and intensifies the stretch.



## Modified Hip Stretch

DECREASED ROM BASIER

### HOW TO:

1. Take a step back, assuming a lunge position.
2. Place your Stretch block flat on the ground underneath the knee of your back leg.
3. Make sure you're balanced before starting.
4. Lower yourself until the knee of your back leg touches the Stretch block.
5. Keep your chest up, maintaining an upright torso. Try to relax into the stretch, breathing deeply through your nose.
6. Keep your posture tall and squeeze your core as well the glute of your back leg.
7. You should feel the stretch in the front side of your back hip.
8. Hold for at least 45 seconds or 4-5 deep breaths while in the position.



## Front foot elevated Hip Stretch

INCREASED ROM 3 DEEPER STRETCH

### HOW TO:

1. Place your Stretch block flat on the ground and step onto it with one foot.
2. Take a step back with your opposite leg, assuming a lunge position with an upright torso.
3. Make sure to balance yourself before you begin. Lower yourself until the knee of your back leg touches the ground.
4. Try to relax into the stretch, breathing deeply through the nose.
5. Keep a tall posture and squeeze your core as well the glute of your back leg to get the most out of the stretch.
6. You should feel the stretch in the front side of your back hip.
7. Hold for about 45 seconds or 4-5 deep breaths while in the position.



## LOWER BODY

## Cobra

INCREASED ROM 3  
DEEPER STRETCH

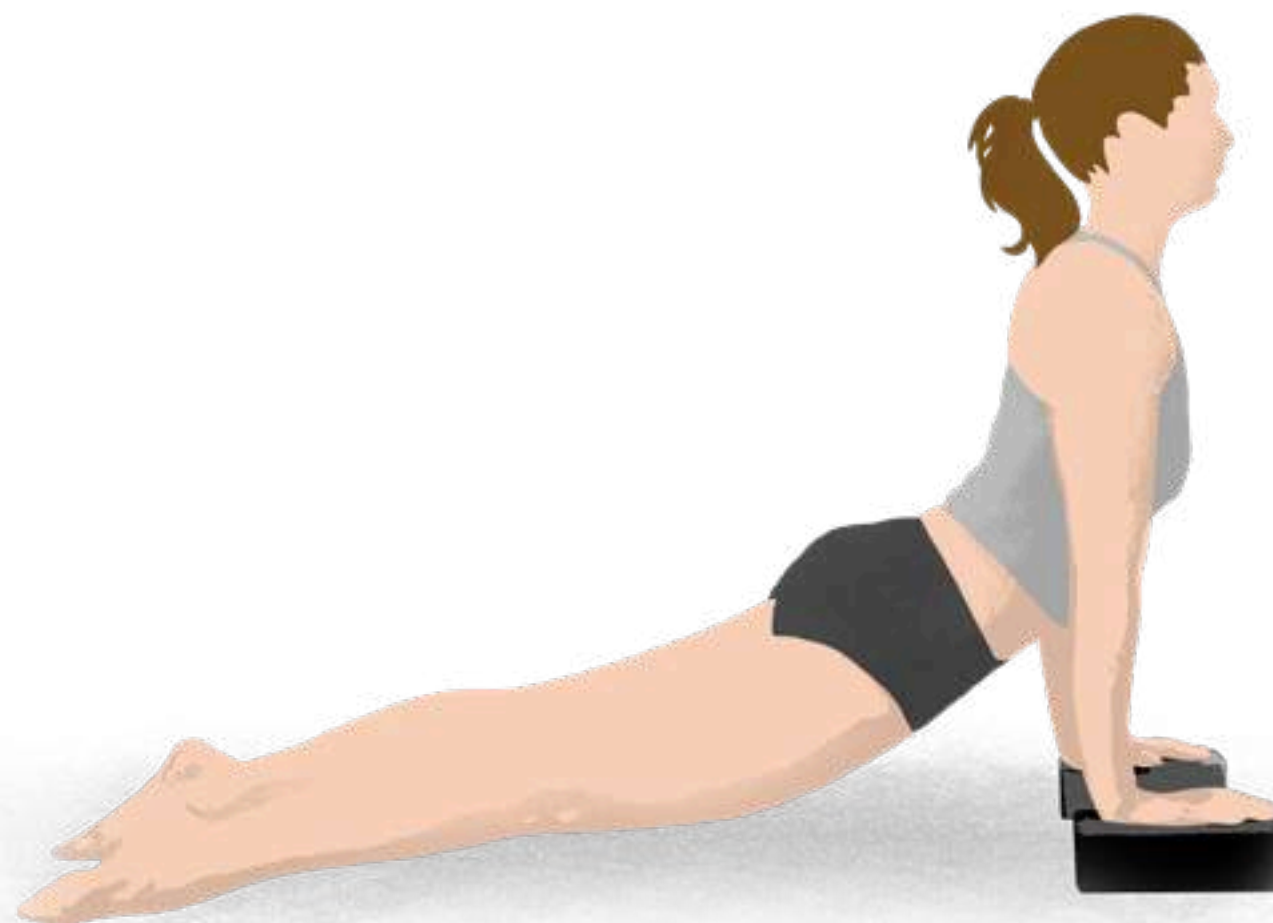
**MUSCLES TARGETED:**

The Cobra is a great stretch for your abs and mid-to-upper back. If you're familiar with it or feel tight in these areas, you may need a deeper variation. Placing two Stretch Blocks under your hands increases the range of motion, intensifying the stretch. Switching to the medium block height further boosts the intensity.

**HOW TO:**

1. Place two Stretch blocks flat onto the floor, parallel to the sides of your mat.
2. Place your hands on top of them and assume a prone position with your arms extended and your legs straight out to the back.

3. Your feet, knees, and hips should touch the floor.
4. Extend your back, making yourself tall.
5. Make sure to pull your shoulders down away from your ears.
6. Pay attention to not overextend your lower back.
7. Focus on opening from the chest to open your mid and upper back.
8. Look straight ahead and relax your neck.
9. Feel a nice stretch in your abs and back.
10. Relax into the stretch, breathing deeply through your nose.
11. Hold for around 60 seconds or 57 deep breaths while in the position.





## Calf Stretch

INCREASED ROM 3

DEEPER STRETCH



### MUSCLES TARGETED:

The Calf Stretch is a great way to target your calf muscles. If you're already familiar with this stretch or feel very tight, you may need extra intensity. Using a Stretch Block to increase the range of motion makes the modified Calf Stretch more challenging and effective.

### HOW TO:

1. Place a Stretch block flat on the floor and step on it with one foot.
2. Balance yourself on top of it with your forefoot before you begin.
3. Lower your heel down towards the floor as far as possible.
4. You should now feel a nice stretch in your calf muscles.
5. Try to relax into the stretch, breathing deeply through your nose.
6. Hold for around 30 seconds or 34 deep breaths while in the position.
7. Make sure to stretch both sides.

## LOWER BODY

## Pancake Stretch

ELEVATED HIPS EASIER

The Pancake Stretch is a great exercise for opening the inner hips and stretching the back. Initially, reaching the full position can be difficult. Placing a Stretch Block under your hips decreases the range of motion, making it easier to perform while still reaping the full benefits of the stretch

## HOW TO:

1. Place a Stretch block flat onto your mat.
2. Sit on top of the block, extending and opening your legs out to the front.
3. Extend your arms out in front of you and touch the floor.
4. Follow the movement with your chest, extending your spine toward the floor.
5. You should feel a nice stretch on the inside of your hip and your back.
6. Try to relax into the stretch, breathing deeply through your nose.
7. Hold for around 60 seconds or 5-7 deep breaths while in the position.





## Toes Reach

DECREASE ROM BASIER



### MUSCLES TARGETED:

This stretch is excellent for the hamstrings, as well as your back and spine. At first, reaching your toes may feel difficult. Using a Stretch Block gives you a target to aim for, reducing the range of motion and offering a way to track your progress.

### HOW TO:

1. Place a Stretch block in front of you, either flat or onto one of its sides, depending on your level.
2. Now push your hips back, bending over.
3. Try to reach the Stretch block with both hands while keeping your legs straight.
4. You should feel a stretch in the back of your legs as well as your back.
5. Try to relax into the stretch, breathing deeply through your nose.
6. Hold for around 30 seconds or 35 deep breaths while in this position.

## Deep Squat Hold

DECREASED ROM BASIER



### MUSCLES TARGETED:

The Deep Squat Hold stretches the adductors and internal rotators on the inside of your legs.

Today, sitting has limited our squatting ability, especially as ankle mobility decreases. Using Stretch Blocks allows you to reduce the required ankle range of motion while still enjoying the benefits of the squat.

### HOW TO:

1. Place your Stretch block on the ground between your feet.
2. You can place it on whichever side you need to help yourself get into the stretch.
3. Now push your hips back a little bit while pushing your knees slightly out.
4. Bend your knees and lower yourself down into a deep squat position until your glutes touch the Stretch block.
5. Try to keep your upper body straight (a slight forward lean is okay).
6. You can also place your elbows against the inside of your knees while clasping your hands together to enhance the stretch.
7. Hold for around 60 seconds or 57 deep breaths within the position.

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## Deep Squat Hold

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DECREASED ROM IN  
**ANKLE** 3 EASIER



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### HOW TO:

1. Place two Stretch blocks flat on the ground underneath your heels.
2. Push your hips back while pushing your knees slightly out.
3. Bend your knees and lower yourself down into a deep squat position until your hamstrings are covering your calf muscles.
4. Try to keep your upper body straight (a slight forward lean is okay).
5. Place your elbows against the inside of your knees and clasp your hands together to deepen the stretch.
6. Hold for about 60 seconds or 5–7 deep breaths. With your heels elevated, your quads will experience an even more effective stretch.



## Hip Opener Stretch

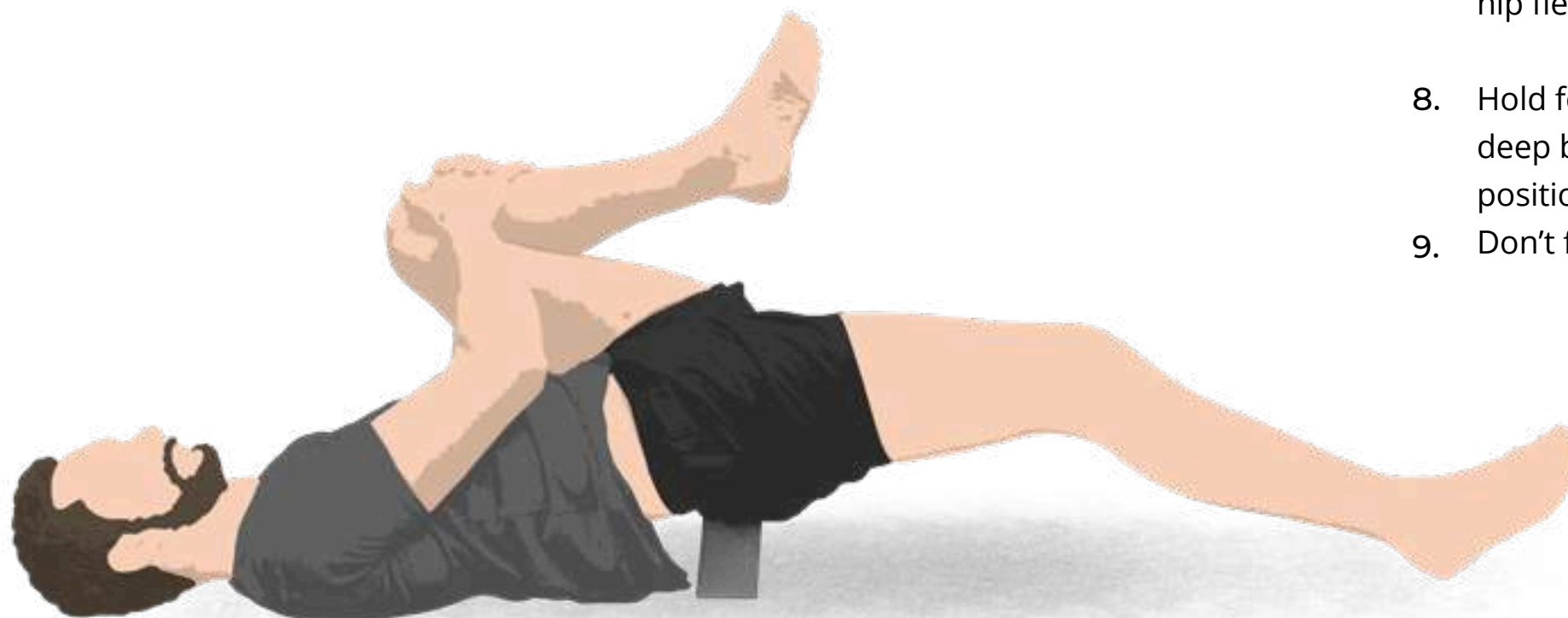
INCREASE ROM DEEPER STRETCH

### MUSCLES TARGETED:

Sitting for long periods often causes tight hip muscles. The Hip Opener Stretch effectively lengthens the hips by targeting the muscles of both legs, including the glutes and hip flexors. Elevating the hips with a Stretch Block further intensifies the stretch and its benefits.

### HOW TO:

1. Liedown on your mat and place the Stretch block under one of your hips.
2. Keep the leg of that side straight, while bending your other leg.
3. Hold the knee of your bent leg with your hands and pull it towards your head.
4. Make sure to let your head rest on the mat.
5. Focus on relaxing the straight leg so that it can drop towards the mat.
6. Take deep breaths through the nose and relax.
7. You should feel a stretch in both hips: One in the glutes of your bent leg and the other in the hip flexor of your straight leg.
8. Hold for around 45 seconds or 45 deep breaths while in the position.
9. Don't forget to stretch both sides.





UPPER BODY

# Back Stretch

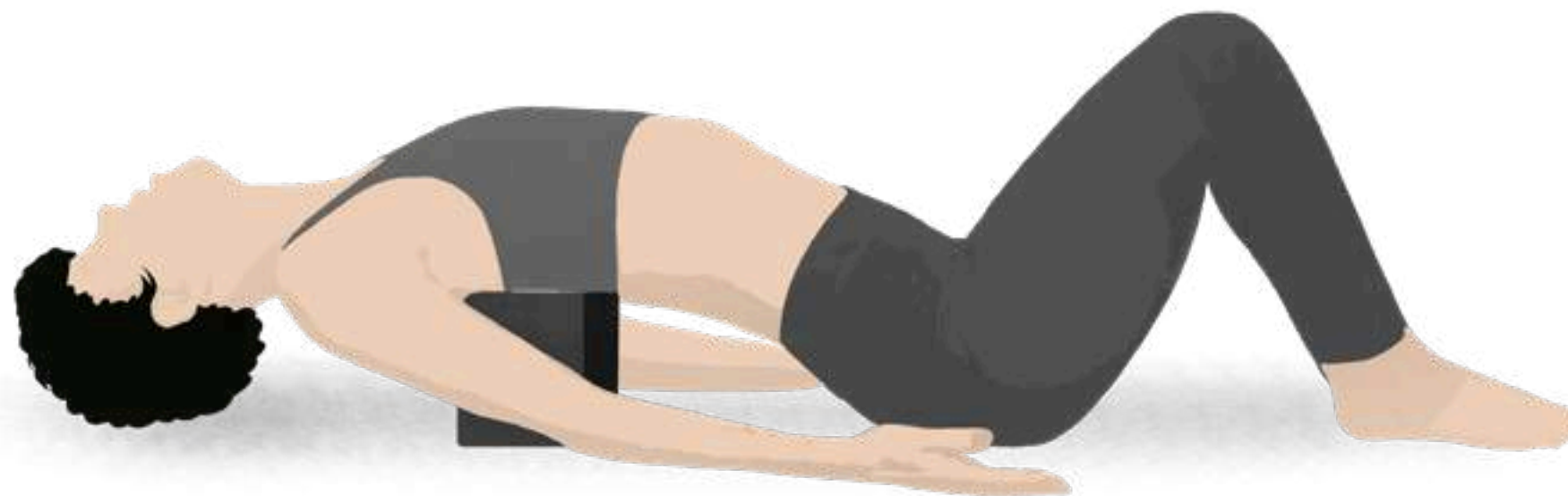
INCREASE ROM DEEPER STRETCH

**MUSCLES TARGETED:**

The Back Stretch helps open up both your back and the front of your body, including your chest, abs, and neck muscles. The Stretch Block serves as a fulcrum, allowing you to relax and extend your body while releasing tension in these muscles.

**HOW TO:**

1. Lie down on your mat and place the Stretch block under the middle of your back.
2. Bring your feet close to your hips and let your head drop down to the mat behind the Stretch block, opening your entire back.
3. Let your arms rest on the mat next to you.
4. Take a few deep breaths and relax.
5. Focus on allowing your body to be pulled down towards the mat by gravity, opening up with the help of the Stretch block.
6. Hold for around 90 seconds or 7-10 deep breaths while in this position.





## Lat Stretch on blocks

INCREASED ROM DEEPER STRETCH



### MUSCLES TARGETED:

This stretch primarily targets your lats and opens up your mid-back while also stretching your chest and abs. The Stretch Block acts as a fulcrum, allowing you to relax and extend your body.

### HOW TO:

1. Place two Stretch blocks in front of you at either side according to your level.
2. Take a kneeling position and place your elbows on top of the blocks.
3. Allow your chest to fall down toward your mat and relax your upper body.
4. A portion of your body weight should rest on top of the Stretch blocks, while the rest of it is still supported by your legs.
5. Make sure to balance yourself on top of the Stretch blocks.
6. Take a few deep breaths and relax.
7. Hold for around 60 seconds or 5-7 deep breaths while in this position.



UPPER BODY

## Pushups

MUSCLES TARGETED:

Pushups primarily work your chest, shoulders, and triceps. Use Stretch Block(s) to modify the difficulty or adjust your body angle, changing how these muscles are engaged.



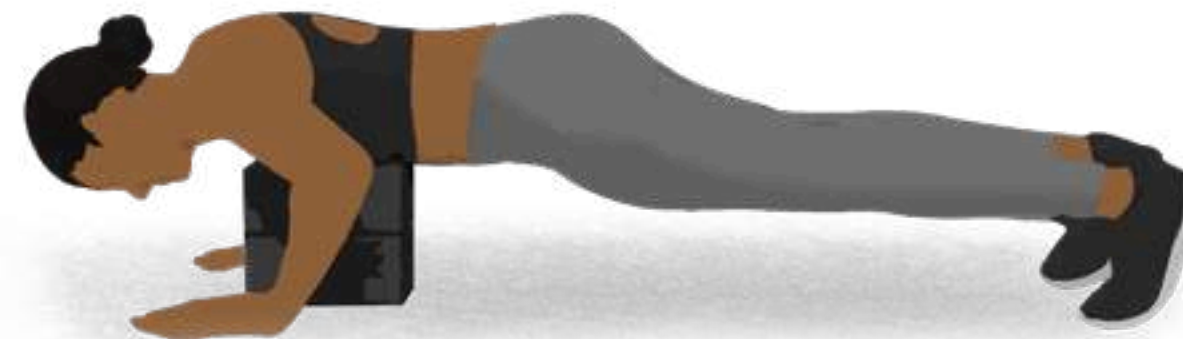
## Stretch block assisted Pushups

DECREASED ROM BASIER

### HOW TO:

1. Set one or two Stretch blocks flat onto the floor, stacked on top of each other.
2. Place your hands to both sides and straighten your arms and legs, forming a high plank position.
3. Brace your core, keep your spine straight, and begin bending your arms.
4. Make sure to lower yourself down until your chest touches the Stretch block.
5. To finish your rep, use the strength of your arms and chest to push yourself back up.

By using your Stretch Block(s), you can engage your chest and triceps muscles even if you're not yet able to perform a full Pushup.



## Uneven Elevated Pushups

INCREASED ONE-HANDED ROM 3 HARDER

### HOW TO:

1. Set a Stretch block flat on the floor.
2. Place one hand on the block and the other out to the side next to it.
3. Straighten your arms and legs, forming a high plank position.
4. Brace your core while keeping your spine straight and begin bending your arms.
5. Make sure to lower yourself down until your chest touches the floor.
6. Use the strength of your chest and arms to push yourself back up.
7. Don't forget to train both sides!

By raising one hand, you can further engage your chest and triceps, helping you progress toward One-Handed Pushups.



## Hands-elevated Pushups Level 1

INCREASE ROM HARDER

### HOW TO:

1. Place two Stretch Blocks flat on the floor on their shortest side.
2. Place your hands on the blocks and straighten your arms and legs, forming a high plank position.
3. Brace your core, keep your spine straight, and begin bending your arms.
4. Make sure to lower yourself down until your chest touches the ground.
5. Use the strength of your chest and arms to push yourself back up.





## Hands-elevated Pushups Level 2

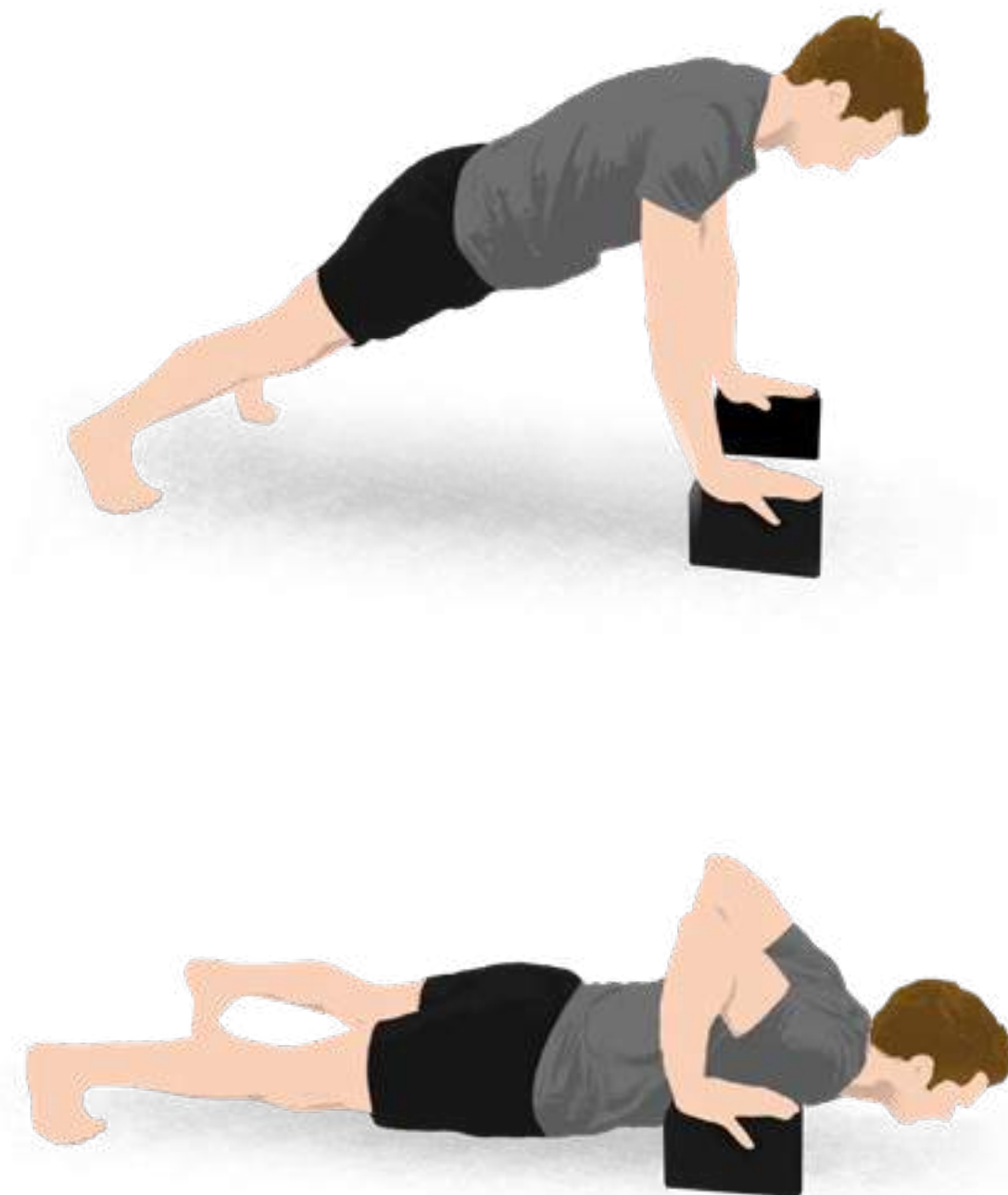
INCREASE ROM HARDER

### HOW TO:

1. Place two Stretch Blocks flat on the floor using their medium-height side. Place your hands on the blocks and straighten your arms and legs to form the high plank position.
2. Take a moment to balance yourself before you begin.
3. Brace your core while keeping your spine straight and begin bending your arms.
4. Lower yourself down until your chest touches the ground.
5. Use the strength of your chest and arms to push yourself back up.

Because you've elevated your hands, your chest muscles work over a greater range of motion

and are trained more intensively.



## Feet-elevated Pushups

ADJUSTED ANGLE HARDER

### HOW TO:

1. Set two Stretch blocks flat on the floor on their shortest side.
2. Place your feet on them and place your hands out in front.
3. Straighten your arms and legs, forming a high plank position.
4. Brace your core, keep your spine straight and begin bending your arms.
5. Make sure to lower yourself down until your chest touches the ground.
6. To finish your rep, use the strength of your arms and chest to push yourself back up.

Elevating your feet changes your angle toward the floor, making your upper chest and shoulders work harder.

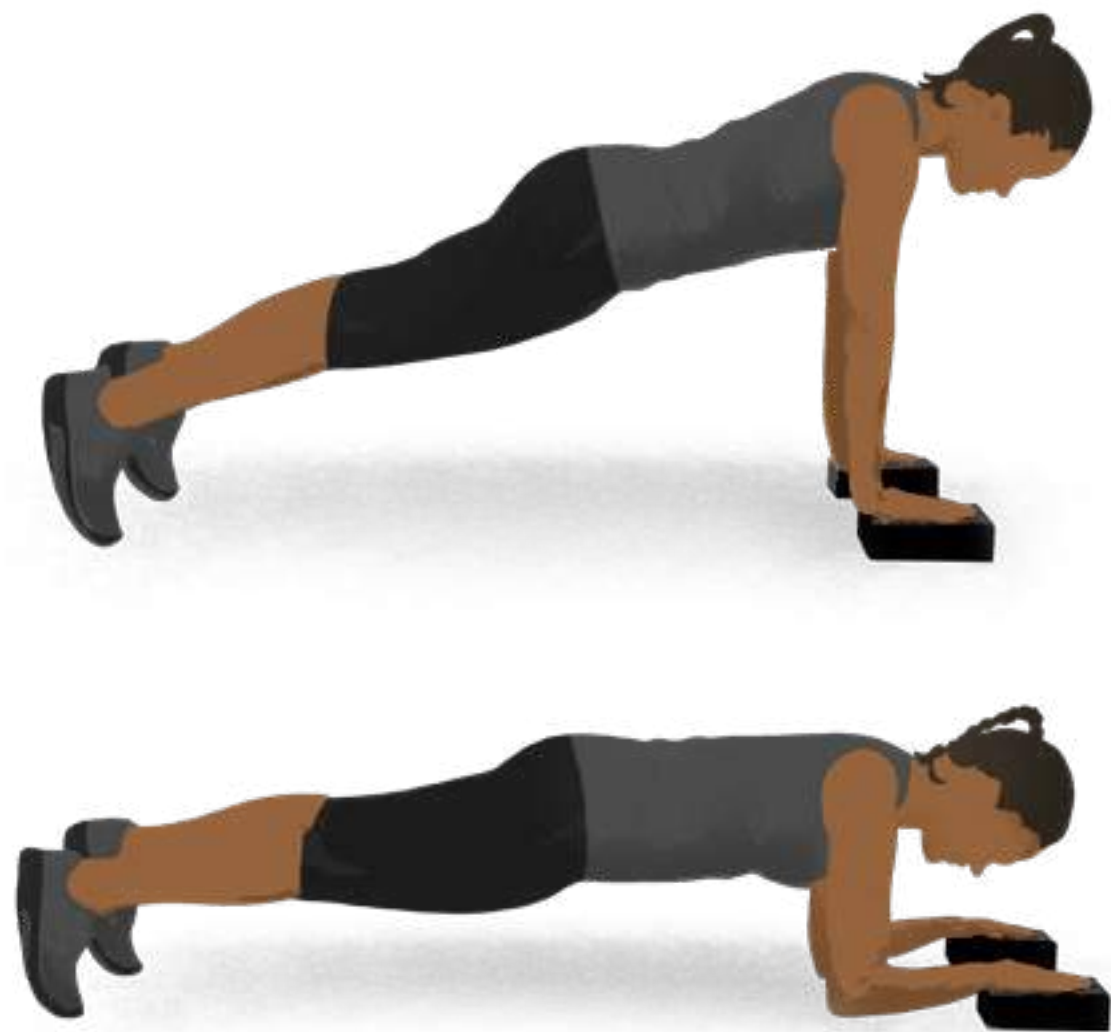




UPPER BODY

## Sphinx Pushups

INCREASED ROM HARDER



### MUSCLES TARGETED:

The Sphinx Pushup mainly targets the triceps while also activating the chest, shoulders, and core. Raising your hands increases the triceps' range of motion, making the exercise more challenging and effective.

### HOW TO:

1. Set two Stretch blocks flat onto the floor on the shortest side.
2. Place your hands on the blocks and straighten your arms and legs to form the high plank position. Brace your core while keeping your spine straight and begin bending your arms.
3. Make sure to lower yourself down until your elbows touch the ground.
4. Use the strength of your arms to push yourself back up.
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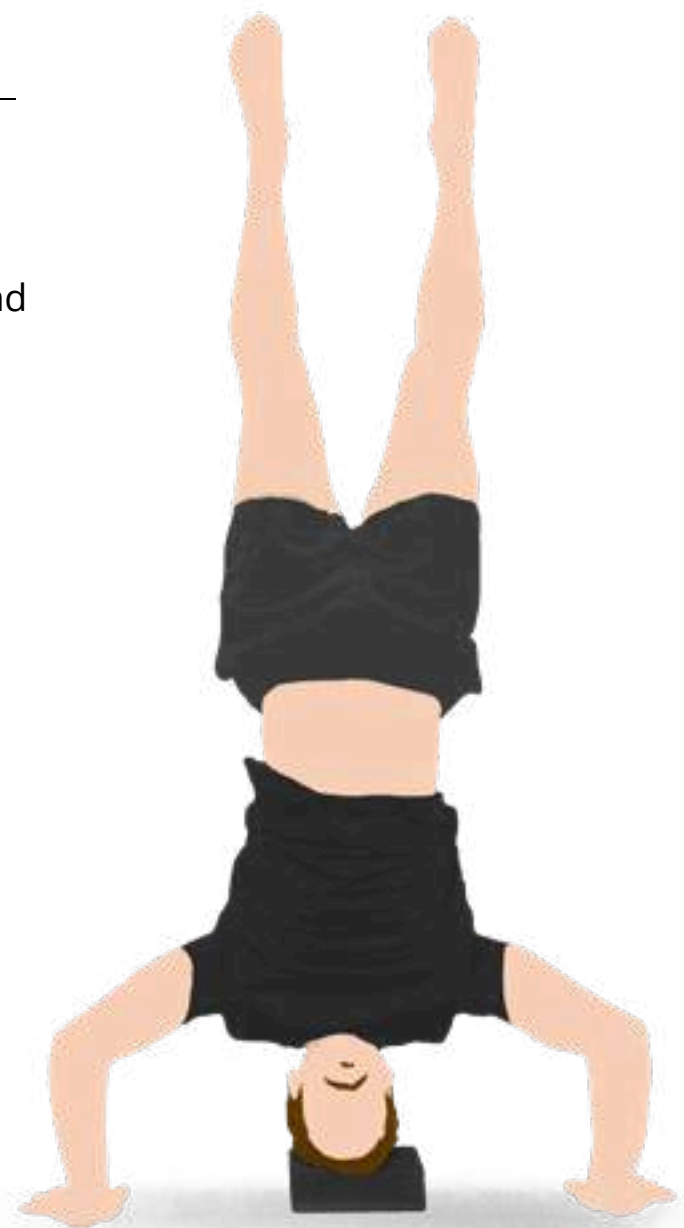


UPPER BODY

## Strict Handstand Pushups

MUSCLES TARGETED:

The Handstand Pushup can train your shoulders, arms, upper back, and core.



## Partial Handstand Pushups

DECREASE ROM BASIER

HOW TO:

1. Set a Stretch block flat onto the floor in front of a wall.
2. Place your hands next to the
3. block and swing yourself up into the handstand position. Your head should be directly over the Stretch block.
4. Take a moment and use the wall to help you balance before you begin.
5. Brace your core while keeping your spine straight and begin bending your arms.
6. Make sure to lower yourself down until the crown of your head touches the Stretch block.
7. Use the strength of your arms and shoulders to push yourself back up.

By using the Stretch Block to reduce the range of motion, you can build upper body strength even if you're not yet able to perform a Strict Handstand Pushup.

## Modified Handstand Pushups

INCREASED ROM HARDER

HOW TO:

1. Set two Stretch blocks flat onto the floor in front of a wall.
2. Place your hands on the blocks and swing yourself up into the handstand position.
3. Take a moment and use the wall to help you balance before you begin.
4. Brace your core while keeping your spine straight and begin bending your arms.
5. Make sure to lower yourself down slowly until the crown of your head touches the floor.
6. Use the strength of your arms and shoulders to push yourself back up.

If you've already mastered Strict Handstand Pushups, a Stretch Block can increase your range of motion and further enhance your upper body strength.





UPPER BODY

## Lying Reverse Flies

INCREASED ROM BARRIER

### MUSCLES TARGETED:

Lying Reverse Flies are an excellent exercise for your upper back and rear shoulders. If you've already mastered the standard version, Stretch Blocks can increase the range of motion and continue challenging those muscles.

### HOW TO:

1. Place two Stretch blocks next to your mat and lie down between them.
2. Place your elbows on the blocks and bring your feet up close to your hips.
3. Push your elbows down into the Stretch blocks, elevating your upper body up off the floor.
4. Slowly lower yourself back down.



UPPER BODY

# Supermen

SUPERMEN VARIATION  
TARGET DIFFERENT MUSCLES

HOW TO:

1. Lie down with your stomach on the mat, holding the Stretch block between your hands.
2. Extend your arms out in front of you while keeping your legs relatively straight and your feet off the ground.
3. Squeeze the Stretch block to recruit your back muscles.
4. Bring the Stretch block in toward your chest.
5. Once the block touches your chest, push the Stretch block out in front of you.

MUSCLES TARGETED:

Supermen target your back muscles, especially around the spine and shoulders. Using a Stretch Block adds variation—holding and squeezing it increases activation of your lats.



UPPER BODY

## Ground Twists

INCREASE INTENSITY HARDER

### MUSCLES TARGETED:

Ground Twists work your mid-abs and obliques. Using a Stretch Block increases the exercise's intensity by squeezing and rotating the block.

### HOW TO:

1. Sit down on your mat while leaning back with your legs slightly bent.
2. Take the block into your hands with your arms outstretched and squeeze it tightly.
3. Rotate as far as you can to one side and then return to the starting position, keeping tension the whole time.
4. Don't forget to also train the other side.



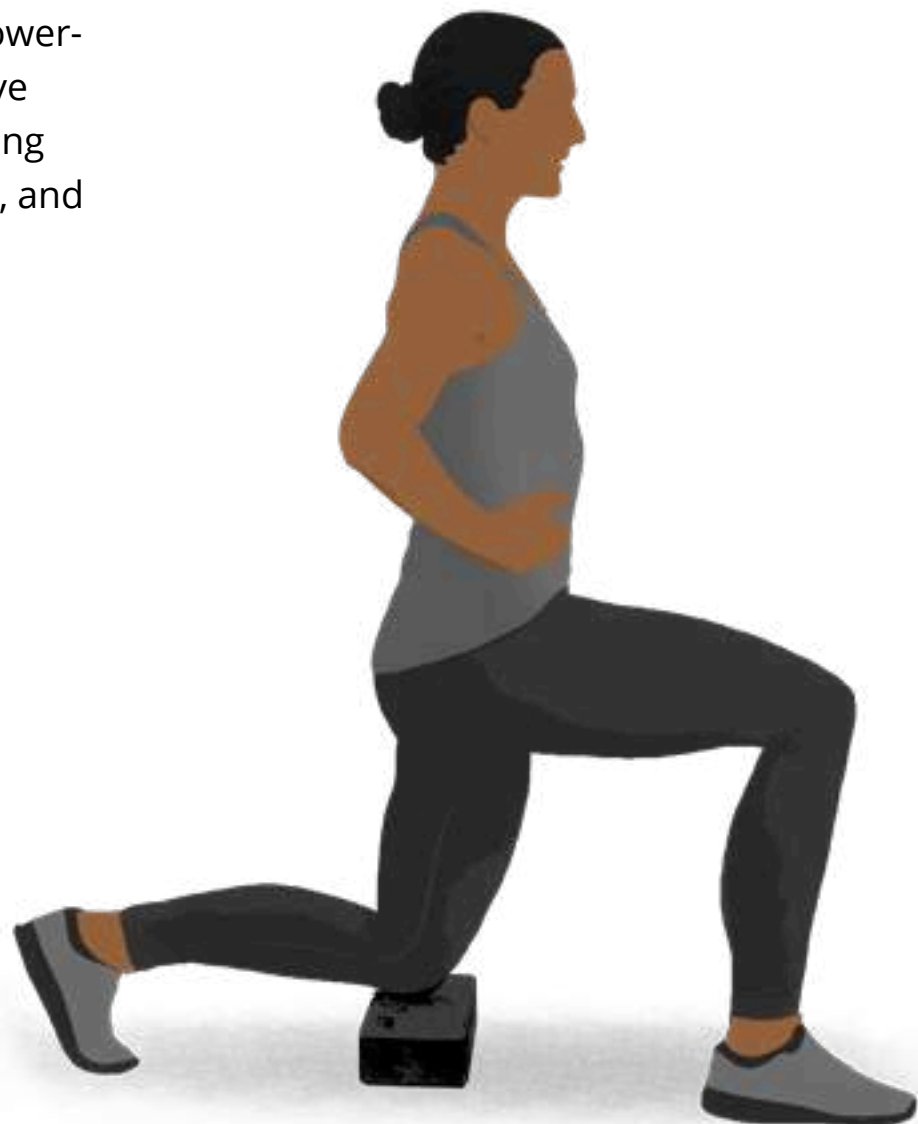


LOWER BODY

# Lunges

MUSCLES TARGETED:

Lunges are an excellent lower-body exercise that improve balance while strengthening your quads, glutes, calves, and core.



## Partial Lunges

DECREASED ROM EASIER

HOW TO:

1. Take a step forward, assuming a lunge position.
2. Place your Stretch block flat on the ground underneath the knee of your back leg.
3. Make sure to balance yourself before you begin.
4. To make things easier, spread your arms to the side for balance.
5. To make it harder, put your hands on your hips.
6. Lower yourself down until the knee of your back leg touches the Stretch block.
7. Push yourself back up through the heel of your front foot to complete the repetition.

Using a Stretch Block reduces the range of motion, making the exercise a bit easier.

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## Front foot elevated Lunges

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INCREASED ROM HARDER

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### HOW TO:

1. Place the Stretch block flat on the ground and step out onto it in a controlled manner.
2. Make sure to balance yourself before you begin.
3. To make things easier, spread your arms for balance.
4. To make it harder, put your hands on top of your hips.
5. Now lower yourself until the knee of your back leg touches the ground.
6. Push yourself back up through your front leg to complete the repetition.

Using the Stretch Block increases the range of motion, engaging the quads and glutes even more.



## Reverse Lunges

DECREASED ROM BASIER

### MUSCLES TRAINED:

Reverse Lunges are an excellent lower-body exercise that improve balance while working your quads, glutes, calves, and core. Using a Stretch Block reduces the range of motion, making the movement slightly easier.



### HOW TO:

1. Take a step back, assuming the lunge position.
2. Place your Stretch block flat on the ground underneath the knee of your back leg.
3. Make very very sure to balance yourself before you begin.
4. To make things easier, spread your arms for balance.
5. To increase the difficulty, bring your hands together in front of you.
6. Lower yourself until the knee of your back leg touches the Stretch block.
7. Push yourself back up through your front foot and step back in front of the Stretch block to complete the rep.

LOWER BODY

## Hip Raises

INCREASED ROM HARDER

HOW TO:

1. Liedown onto your mat and bring your feet up near your hips.
2. Place a Stretch block of a size under each foot.
3. Before you begin, make sure your feet are properly placed on the Stretch blocks.
4. Raise your hips until your shoulders, hips, and knees are aligned.
5. Squeeze your glutes and core before lowering your hips back down to the floor to complete the repetition.

MUSCLES TARGETED:

Hip Raises primarily target your glutes and quads, while also engaging your core and back muscles. Placing Stretch Blocks under your feet increases the exercise's range of motion, making your glutes work even harder.





LOWER BODY

## Pistol Squats

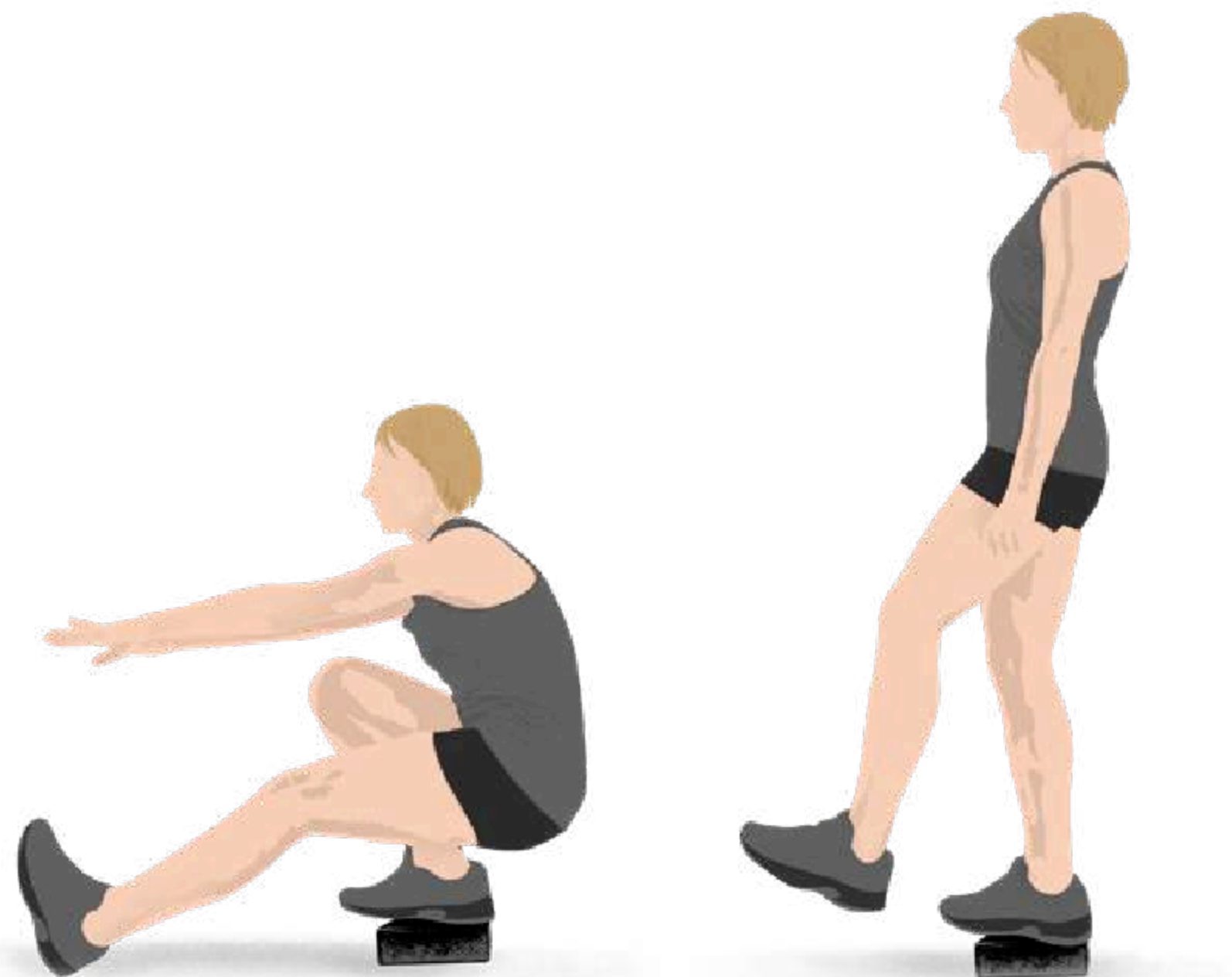
HELPS WITH MOBILITY BASIER

HOW TO:

1. Place a Stretch block flat on the floor and stand on it with one foot.
2. Bend your support leg until your hips are below your knee. Keep your arms out straight to help with balance.
3. Tighten your core and
4. push yourself back up.

MUSCLES TARGETED:

The Pistol Squat is a lower-body exercise that primarily targets the quads while also engaging the glutes and calves. Using a Stretch Block allows your non-supporting leg to drop lower than your supporting foot, helping if you have limited ankle mobility.



LOWER BODY

## Calf Raises

INCREASED ROM HARDER



### MUSCLES TARGETED:

The Calf Raise is a great exercise for targeting your calf muscles. Using a block adds a deeper stretch and makes traditional “off the floor” Calf Raises more challenging.

### HOW TO:

1. Place a Stretch block flat on the floor and step on it with one foot.
2. Make sure to balance with your forefoot on top of the block before you begin.
3. Lower your heel down towards the floor as far as possible.
4. Push up through your forefoot and raise your heel as high as possible.
5. Don't forget to switch sides.

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