

# plantarflexed

**The past tense of plantarflex is plantarflexed**

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## The Forms of Plantarflex

Infinitive	<b>to plantarflex</b>
Present Tense	<b>plantarflex / plantarflexes</b>
Past Tense	<b>plantarflexed</b>
Present Participle	<b>plantarflexing</b>
Past Participle	<b>plantarflexed</b>

## Conjugate Plantarflex

**Plantarflex in Present Simple (Indefinite) Tense**

**Singular**

**Plural**

I **plantarflex**                      We **plantarflex**  
You **plantarflex**                  You **plantarflex**  
He/She/It **plantarflexes**      They **plantarflex**

**Plantarflex in Present Continuous (Progressive) Tense**

**Singular**

**Plural**

I **am plantarflexing**              We **are plantarflexing**  
You **are plantarflexing**        You **are plantarflexing**  
He/She/It **is plantarflexing**    They **are plantarflexing**

**Plantarflex in Present Perfect Tense**

**Singular**

**Plural**

I **have plantarflexed**              We **have plantarflexed**  
You **have plantarflexed**        You **have plantarflexed**  
He/She/It **has plantarflexed**    They **have plantarflexed**

**Plantarflex in Present Perfect Continuous Tense**

**Singular**

**Plural**

I **have been plantarflexing**        We **have been plantarflexing**  
You **have been plantarflexing**    You **have been plantarflexing**  
He/She/It **has been plantarflexing**    They **have been plantarflexing**

**Plantarflex in Past Simple (Indefinite) Tense**

**Singular**

**Plural**

I **plantarflexed**                      We **plantarflexed**  
You **plantarflexed**                  You **plantarflexed**  
He/She/It **plantarflexed**        They **plantarflexed**

**Plantarflex in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

I was plantarflexing      We were plantarflexing  
You were plantarflexing      You were plantarflexing  
He/She/It was plantarflexing      They were plantarflexing

**Plantarflex in Past Perfect Tense**

**Singular**

**Plural**

I had plantarflexed      We had plantarflexed  
You had plantarflexed      You had plantarflexed  
He/She/It had plantarflexed      They had plantarflexed

**Plantarflex in Past Perfect Continuous Tense**

**Singular**

**Plural**

I had been plantarflexing      We had been plantarflexing  
You had been plantarflexing      You had been plantarflexing  
He/She/It had been plantarflexing      They had been plantarflexing

**Plantarflex in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

I will plantarflex      We will plantarflex  
You will plantarflex      You will plantarflex  
He/She/It will plantarflex      They will plantarflex

**Plantarflex in Future Continuous (Progressive) Tense**

**Singular**

**Plural**

I will be plantarflexing      We will be plantarflexing  
You will be plantarflexing      You will be plantarflexing  
He/She/It will be plantarflexing      They will be plantarflexing

**Plantarflex in Future Perfect Tense**

**Singular**

**Plural**

**I will have plantarflexed**

**We will have plantarflexed**

**You will have plantarflexed**

**You will have plantarflexed**

**He/She/It will have plantarflexed** **They will have plantarflexed**

**Plantarflex in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been plantarflexing**

**We will have been plantarflexing**

**You will have been plantarflexing**

**You will have been plantarflexing**

**He/She/It will have been plantarflexing** **They will have been plantarflexing**