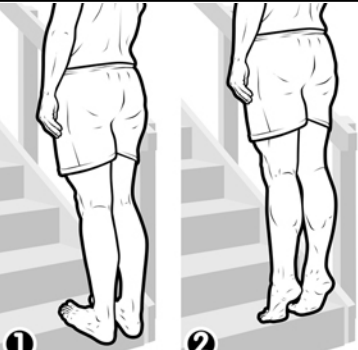


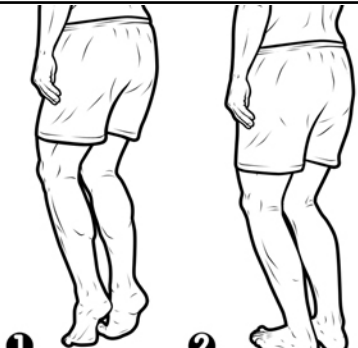
**DOUBLE-LEG CALF RAISE**  
Standing, slowly rise up onto your toes as far as you can (2). Slowly lower and repeat.

**SETS & REPS:** 3 x 10-12 **FREQUENCY:** Daily



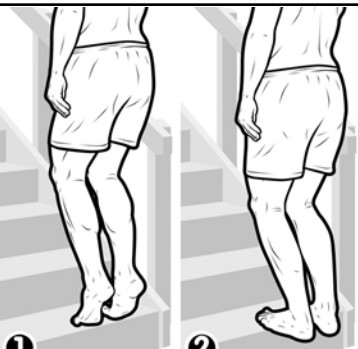
**DOUBLE-LEG CALF RAISE**  
With the balls of your feet on the edge of a step and heels dropped down (1), slowly rise up onto your toes as far as you can (2). Slowly lower and repeat.

**SETS & REPS:** 3 x 10-12 **FREQUENCY:** Daily




**DOUBLE-LEG ECCENTRIC SOLEUS RAISE**  
Rise up onto your toes with your knees bent (1) using a chair back or table for balance. Slowly lower your heels back to the floor (2) while maintaining the bend at your knees. Repeat.

**SETS & REPS:** 3 x 15 **FREQUENCY:** 2 x day



**DOUBLE-LEG ECCENTRIC SOLEUS RAISE**  
Standing with the balls of your feet on the edge of a step and knees bent, rise up onto your toes (1) using the handrails for balance. Slowly lower your heels down beyond the level of the step (2) while maintaining the bend at your knees. Repeat.

**SETS & REPS:** 3 x 15 **FREQUENCY:** 2 x day



**SINGLE-LEG ECCENTRIC CALF RAISE ON FLAT**  
Standing on one leg, rise up onto your toes (1) using a chair back or table for balance. Slowly lower your heel back to the floor (2). Repeat.

**SETS & REPS:** 3 x 15 **FREQUENCY:** 2 x day