



GASTROCNEMIUS STRETCH ON STEP

With the ball of your foot on the edge of a step and your knee straight, slowly drop your heel down until you feel a stretch in your calf. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day



SOLEUS STRETCH

Pressing against a wall with one foot in front of the other and your knees bent, drop your hips down towards the ground, bending your back knee further, until you feel a stretch. Keep the heel of your back leg down and feet pointing forwards. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day

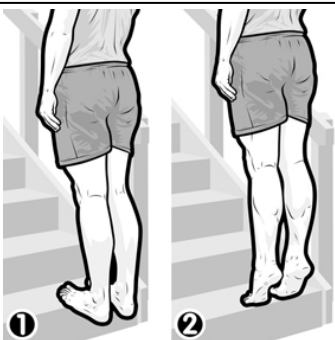


SINGLE-LEG PILLOW BALANCE

Maintain your balance while standing on one leg on a pillow. As you improve, try closing your eyes.

SETS & REPS: 3 x 1 min/leg

FREQUENCY: 1 x day

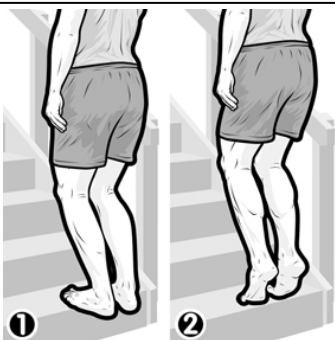


DOUBLE-LEG CALF RAISE

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 15

FREQUENCY: 3 x week



DOUBLE-LEG SOLEUS RAISE

With the balls of your feet on the edge of a step, knees bent and heels dropped down (1), slowly rise up onto your toes as far as you can while maintaining the bend at your knees (2). Slowly lower over 3 seconds and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week