



Standing Calf Raise

Place balls of feet at bottom edge of the foot platform so that the feet point toward the shins. Begin from a stretched position with knees straight, press upward bending ankles so that feet point away from shins. Don't bounce at the bottom of the movement. Be sure knees are not hyperextended. A full range of motion is important.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
S.T.
A.T.
G.F.



Calf raise

Stand with balls of feet on edge of step. Raise up on toes squeezing the calf muscles for a few seconds. Return to start

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
All Catagories except power



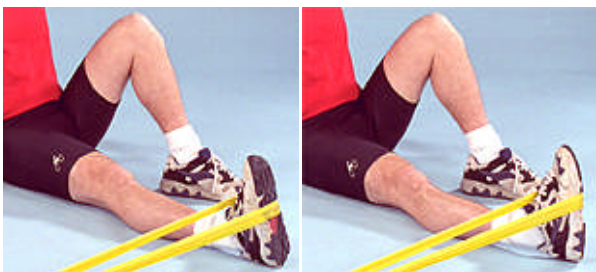
Calf Press - Seated

Position the balls of feet at edge of platform. Bringing from a stretched position with the ankles bent so that feet are pointed toward the shins. Press upward by bending the ankles so that feet point away from the shins. Return to start. Don't bounce at the bottom of the movement.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
S.T.
A.T.
G.F.



Ankle Inversion

Sit on floor with leg straight out in front and place tubing around mid foot. Attach tubing at floor level (table leg). Tip foot inward bending at the ankle. Avoid rotating the foot or pointing the toes.

To improve strength and mobility at the ankle.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
ADL
A.T.
G.F.



Ankle Plantar Flexion

Seated with one leg straight out in front. Hold tubing on lap and place under ball of foot. Push toe away from body. Repeat.

To improve strength in the gastrocnemius and soleus.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:
ADL
A.T.
G.F.



Ankle Dorsi Flexion

Seated on floor with one leg straight out in front. Tubing attached in front of body at ankle level and placed around top of foot. Pull toes back towards body. Repeat.

To strengthen the tibialis anterior.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:
ADL
G.F.
A.T.



Ankle Eversion

Seated on floor with leg extended out in front. Place tubing around forefoot and attach parallel with floor out toward opposite side of body. Start with foot pointed inward and upward. Pull tubing out sideways bending at the ankle. Avoid pointing the toe or rotating at knee. Repeat.

To improve strength and mobility at the ankle.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:
ADL
G.F.
A.T.