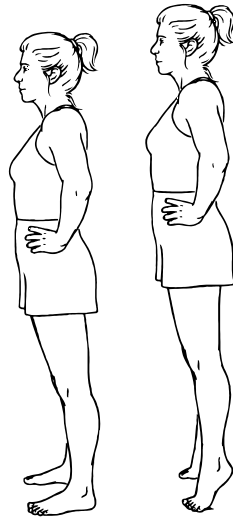


### 3 Speed Heel Raise

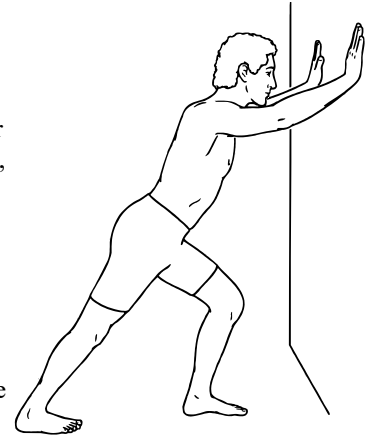
Do 3 sessions per day as follows:  
Session #1: Go up fast and down as slow as possible.  
Session #2: Go up and down at a medium pace.  
Session #3: Go up and down as fast as comfortably possible.



Repeat each session to fatigue.  
Fatigue is the first sign of muscle burn. Stop at the first sign of muscle burn.

### Gastrocnemius Stretch

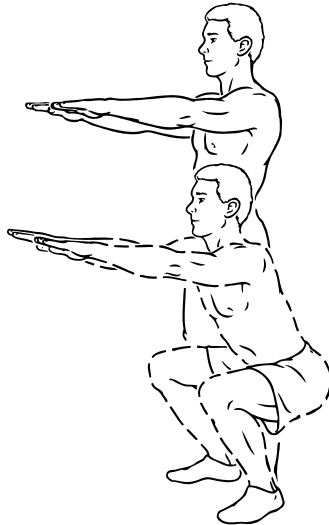
Stand with left foot back, leg straight, forward leg bent. Keeping heel on floor and foot turned slightly out, lean into wall until mild stretch is felt in calf. Hold 60 seconds.



Repeat 2 times on each side per session.  
Do   2   sessions per day.

### Chair Squats

Stand in front of a sturdy chair with feet shoulder width apart, slowly descend so that you are seated on the chair with a slow, controlled, soft landing - NO PLOPPING!



Repeat 3x to fatigue per session.  
Do   1   sessions per day.

### Seated Hamstring Stretch

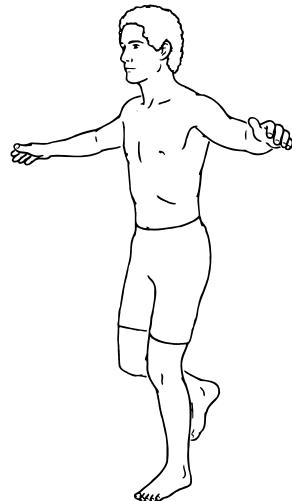
1. Sit on edge of chair with one leg straight - heel on floor. Keep other knee bent for stability.
2. Sit up at "attention". Slowly & Gently lean forward from hips. Stop when you feel a mildly uncomfortable stretch somewhere between buttocks and just below your knee.
3. Hold for 60 seconds then switch and do the other side.

Repeat 2x on each side per session.

Do 2 sessions per day.

### Single Leg Stance

Perform this exercise next to counter for safety. Keep stance leg knee slightly bent. Attempt to balance on left leg, eyes open. Hold 10-30 seconds.



Repeat 3 times on each side per session.  
Do   2   sessions per day.

     Perform exercise with eyes closed.

### Single Leg Stance & Hand Reach Exercise:

Place 2 plastic containers on the counter top a little wider than shoulder width.  
Back 18-24" away and stand on one leg with stance leg knee slightly bent and quad muscles tight.

SLOWLY & GENTLY rotate pelvis over hip while reaching right hand to left target. Return to starting position and repeat reaching left hand to right target.  
Keep your knee moving slowly and steadily - NO WOBBLING!

Repeat until you feel a muscle burn (fatigue).

Do 3x on each leg to fatigue per session.  
Do 2 sessions per day.