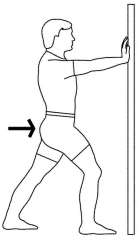

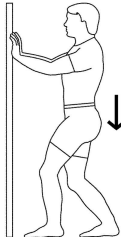
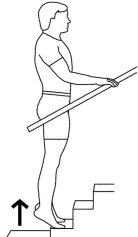
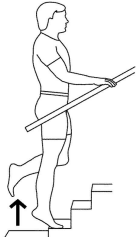
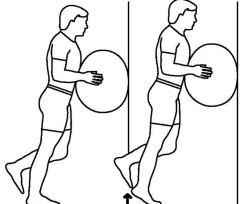

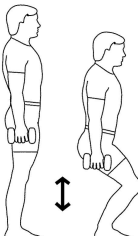
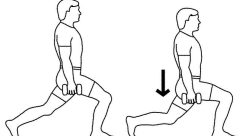

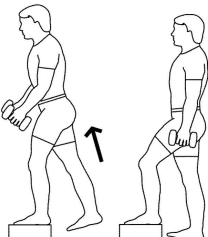
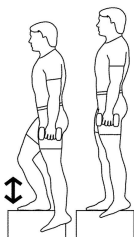


<p><b>Runner stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p><b>Double Gastroc step stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p><b>Soleus stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>
<p><b>Double heel raise plus</b></p>  <p>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>Single heel raise plus</b></p>  <p>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>Single ball incline</b></p>  <p>Perform 3 sets of 20 Repetitions, once a day. Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p><b>Trampoline jog</b></p>  <p>Perform 5 sets of 1 Minute, once every other day. Use Trampoline. Rest 1 Minute between sets. Perform 2 repetitions every 1 Second.</p>	<p><b>DB double full squat</b></p>  <p>Perform 3 sets of 10 Repetitions, once every other day. Use 5 Kilograms. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>DB lunge squat</b></p>  <p>Perform 3 sets of 10 Repetitions, once every other day. Use 5 Kilograms. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p><b>DB step down</b></p>  <p>Perform 3 sets of 10 Repetitions, once every other day. Use 5 Kilograms. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>DB step up</b></p>  <p>Perform 3 sets of 10 Repetitions, once every other day. Use 5 Kilograms. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>DB step touch</b></p>  <p>Perform 3 sets of 10 Repetitions, once every other day. Use 5 Kilograms. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>