

# Sportsinjuryclinic.net Achilles Tendon Exercise Check List

Simply tick off the sets when you have completed them! (see web site for details)

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday							
	AM		PM		AM		PM		AM		PM		AM		PM		AM		PM		AM		PM		AM		PM					
	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)	Straight leg (3x15)	Bent leg (3x15)				
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