

## Calf Isometrics/ Eccentrics

	wk 1-2	wk 3-4	wk 5-6	wk 7-8	wk 9-10	wk 11-12
<b>90* isos (hi / lo)</b>	1x15s BW	1x20s BW	1x30 BW	1x40s BW	1x50s BW	1x60 BW
<b>45* isos (hi/lo)</b>	1x15s BW	1x20s BW	1x30 BW	1x40s BW	1x50s BW	1x60 BW
<b>straight leg iso (hi)</b>	1x15s BW	1x20s BW	1x30 BW	1x40s BW	1x50s BW	1x60 BW
<b>neutral isometrics (3 sec lower)</b>	3x10 sec	3x15 sec	3x20 sec	3x20 sec add 5 lbs	3x20 sec add 5 lbs	3x20 sec add 5 lbs
<b>eccentric + stretch (15 sec)</b>	3x5 ea.	3x6 ea.	3x7 ea.	3x8 ea	3x9 ea	3x10 ea
<p><i>BW= body weight</i>  <i>ea.= each side</i></p>						