



# SUGARFOOT THERAPY

## SFT BALANCE 1

### PLANKS WITH ARM REACHES

One arm reaches front→back with hips driving front→back (3-5x each arm)  
Hips back & tap opposite ankle, then hips front & reach to opposite diagonal (3-5x each arm)  
Arm reaches under opposite arm then opens up (3-5x each arm)

### WORLD'S GREATEST STRETCH

10x on each leg

### HAMSTRING BARRE STRETCH WITH TRANSVERSE PLANE REACHES

10x on each leg

### STANDING ABDUCTOR STRETCH WITH SHOULDER ROTATIONS

5-10x the sequence on each leg

Arms forward and backward  
Arms arc side to side  
Arms twist side to side

### STANDING PIGEON STRETCH WITH SHOULDER ROTATIONS

5-10x the sequence on each leg

Shoulders forward and backward  
Shoulders arc side to side  
Shoulders twist side to side

### SINGLE LEG BALANCE WITH UPPER EXTREMITY REACHES

5x the sequence on each leg

Right arm front to back, then left arm front to back  
Right arm arcs side to side, then left arm arcs side to side  
Right arm to front left diagonal & back right diagonal, then left arm to front right diagonal & back left diagonal

### 7-WAY SINGLE LEG SQUAT & REACH...WITH RELEVE

3-5 rounds without releve and 3-5 rounds with releve in between each squat

Across front of standing foot  
Straight forward  
Front/Side Diagonal  
Straight side  
Back diagonal (4:30)  
Straight back  
Curtsey

### 9-WAY SQUAT PROGRESSION ON RELEVE

5-10x in each position

Feet parallel and side by side  
Feet parallel with left foot forward  
Feet parallel with right foot forward  
Feet turned in and side by side  
Feet turned in with left foot forward  
Feet turned in with right foot forward  
Feet turned out and side by side  
Feet turned out with left foot forward  
Feet turned out with right foot forward