



# SUGARFOOT THERAPY

## SFT BALANCE 2

### 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

### 3-WAY LUNGES WITH OVERHEAD ARM DRIVES

5x the sequence on each leg

Lunge straight forward  
Lunge straight side  
Lunge to 4:30 diagonal

### 7-WAY LUNGE PROGRESSION WITH PASSE

5x the sequence on each leg

Lunge across front of standing foot  
Lunge straight forward  
Lunge to front/side diagonal  
Lunge straight side  
Lunge to back diagonal (4:30)  
Lunge straight back  
Lunge to curtsey

### SINGLE LEG SQUAT WITH 5-WAY ARM REACHES

3x the sequence each leg

1st time reach to floor, 2nd time reach to knee height, 3rd time reach just above shoulder height

Arms reach straight forward  
Right arm reaches straight right  
Left arm reaches straight left  
Right arm reaches to back right diagonal  
Left arm reaches to back left diagonal

### ADAGGIO MATRIX

3-5x the sequence each leg

Leg swings front to back, arms reach in direction of swinging foot  
Leg swings side to side, arms arc in direction of swinging foot  
Leg wraps back to front, arms twist in direction of swinging foot

3-5x the sequence each leg

Leg swings front to back, arms reach in opposite direction of swinging foot  
Leg swings side to side, arms arc in opposite direction of swinging foot  
Leg wraps back to front, arms twist in opposite direction of swinging foot