



SUGARFOOT THERAPY

SFT BASICS

FOOT AND ANKLE MOBILITY

- Downward dog with relevés (12-20x)
- Downward dog with knee swings (12-20x each leg)

DYNAMIC PLANK SEQUENCE

- Front-back hip drivers (5-10x)
- Alternating feet side to side (5-10x)
- Twisting hips (5-10x)
- Arm circles front to back (5-10x each arm)
- Arm reaches under then open (5-10x each arm)

STANDING HIP FLEXOR STRETCH WITH 5-WAY ARM DRIVES

5x each arm drive. Then switch legs.

- Arms straight up (5x)
- Arms arc left (5x)
- Arms arc right (5x)
- Arms twist left (5x)
- Arms twist right (5x)

KNEELING HAMSTRING STRETCH WITH TRANSVERSE ARM REACHES

8-12x each leg

STANDING HIP HUGS

- Parallel (5-10x each leg)
- Turned out (5-10x each leg)

3-WAY LUNGE PROGRESSION

- Lunge forward, alternating legs. Arms twist toward stepping foot. (5-10x)
- Lunge side, alternating legs. Arms twist toward stepping foot. (5-10x)
- Lunge to 4:30 diagonal, alternating legs. Arms twist toward stepping foot. (5-10x)

9-WAY SQUAT PROGRESSION

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

5-WAY SINGLE LEG SQUAT AND REACH

5-10x around the clock each leg

- Straight forward
- Straight side
- Back diagonal (4:30)
- Straight back
- Curtsey