



# SUGARFOOT THERAPY

## SFT JUMPS 1

### FOOT AND ANKLE MOBILITY

Relevés (20x)

Knee swings (20x each leg)

### PLANKS WITH HIP ROTATIONS

Front → back hip drivers (5-10x)

Alternating feet side to side (5-10x)

Twisting hips (5-10x)

### 3-WAY LUNGES WITH ARMS REACHING FORWARD → OVERHEAD

Lunge straight forward (5x alternating legs)

Lunge straight side (5x alternating legs)

Lunge to 4:30 diagonal (5x alternating legs)

### SQUAT WITH 5-WAY ARM REACHES TO SHIN HEIGHT

5x the sequence, growing faster with each rep

Reach both arms straight ahead

Reach right hand straight out to the right

Reach left hand straight out to the left

Reach right hand to back right diagonal

Reach left hand to back left diagonal

### SINGLE LET SQUAT WITH 5-WAY ARM REACHES TO SHIN HEIGHT

5x the sequence, growing faster with each rep. Then repeat on the other leg

Reach both arms straight ahead

Reach right hand straight out to the right

Reach left hand straight out to the left

Reach right hand to back right diagonal

Reach left hand to back left diagonal

### 3D NEURAL ACTIVATION SEQUENCE

10x each movement

In sync – front to back

In sync – side to side

In sync – twisting

Out of sync – front to back

Out of sync – side to side

Out of sync – rotating toes in and out

### 5-WAY 2 TO 2 JUMP PROGRESSION

3-5x through the sequence slow and methodical; 3-5x through the sequence fast and dynamic

Jump forward, then back to start position

Jump to the right, then back to start position

Jump to the left, then back to start position

Jump to back right diagonal, then back to start position

Jump to back left diagonal, then back to start position

### 3-WAY 2 TO 1 JUMP PROGRESSION

5x each direction, alternating legs

Jump forward onto right foot, then back to start position; and jump forward onto left foot, then back to start position

Jump right onto right foot, then back to start position; and jump left onto left foot, then back to start position

Jump to 4:30 on right foot, then back to start position; and jump to 4:30 on left foot, then back to start position

5x through the sequence, one leg at a time

Jump forward onto right foot, then back to start position

Jump right onto right foot, then back to start position

Jump to 4:30 on right foot, then back to start position

Then do the same sequence on the left side.