



SUGARFOOT THERAPY

SFT JUMPS 2

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
- (same arm reaches as previous exercise but standing on one leg with the other foot in toe touch back position)

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

2 TO 2 TRAVELING JUMP PROGRESSION

- Jump forward (3x)
- Jump to the right (3x)
- Jump to the left (3x)
- ¼ Tours to the right (3x)
- ¼ Tours to the left (3x)
- ½ Tours to the right (3x)
- ½ Tours to the left (3x)

2 TO 1 TRAVELING JUMP PROGRESSION

- Jump forward onto right foot (3x)
- Jump forward onto left foot (3x)
- Travel right jumping onto right foot (3x)
- Travel left jumping onto left foot (3x)
- Travel right jumping onto left foot (3x)
- Travel left jumping onto right foot (3x)
- ¼ Tours to the left landing on right foot (3x)
- ¼ Tours to the right landing on left foot (3x)
- ¼ Tours to the left landing on left foot (3x)
- ¼ Tours to the right landing on right foot (3x)

1 TO 1 TRAVELING JUMP PROGRESSION

- Jump forward on right foot (5x)
- Jump forward on left foot (5x)
- Travel right, jumping on right foot (5x)
- Travel left, jumping on left foot (5x)
- Travel right, jumping on left foot (5x)
- Travel left, jumping on right foot (5x)
- ¼ Tours to the right on right foot (5x)
- ¼ Tours to the left on left foot (5x)
- ¼ Tours to the left on right foot (5x)
- ¼ Tours to the right on left foot (5x)