



SUGARFOOT THERAPY

SFT ANKLE STABILITY CIRCUIT

PERFORM THE ENTIRE CIRCUIT 2-3 TIMES

ANKLE STIRRUP ACTIVATION

10x on each leg standing on incline

10x on each leg standing upright

9-WAY SQUAT PROGRESSION

5x 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

3D PIVOT LUNGES WITH PASSE BALANCE

8x of each direction on each leg

Lunge forward and backward, with passe balance in between each lunge

Lunge side to side, with passe balance in between each lunge

Lunge to forward left diagonal and to back right diagonal (when right foot is lunging out), with passe balance in between each lunge

6 WAY SINGLE LEG PIVOT SQUAT & REACH

5x each direction on each leg.

Do 1 round on hard ground and 1 round standing on pillow

- Tap foot forward and backward
- Tap foot to 3'oclock and to curtsey
- Tap foot to front left diagonal and to back right diagonal (when right foot is reaching out)

5 WAY STAGGERED STANCE SQUAT & REACH ON RELEVE

5x with right foot forward

5x with left foot forward

- 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

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