



SUGARFOOT THERAPY

SFT SOCKS 1

WORLD'S GREATEST STRETCH

10x on each leg

3-WAY SLIDING HIP FLEXOR STRETCH

5x in each direction, on each leg

Slide straight back to 6 o'clock (5x)

Slide to back left diagonal (5x)

Slide to back right diagonal (5x)

STANDING HAMSTRING STRETCH WITH TRANSVERSE PLANE REACHES

10x on each leg

STANDING POSTERIOR HIP STRETCH

10x on each leg

SLIDER PLANKS WITH FEET IN SYNC

10x each movement

Feet tuck forward and back (10x)

Feet slide side to side (10x)

Feet tuck to left hand and right hand (10x)

ICE SKATERS

10x each variation

Skate forward on right foot and back on left foot (10x)

Skate side to side (10x)

Skate forward on left foot and back on right foot (10x)

Skate right with a quarter turn to the right (10x)

Skate left with a quarter turn to the left (10x)

7-WAY SLIDER SQUAT AND REACH

5-10x the sequence on each leg

Across front of standing foot

Straight forward

Front/Side Diagonal

Straight side

Back diagonal (4:30)

Straight back

Curtsey

SLIDER PLANKS WITH FEET OUT OF SYNC

10x each movement

Feet alternate forward and back (10x)

Feet open and close (10x)

Slide opposite foot to opposite hand (10x)

3-WAY SLIDER SQUAT AND REACH TO A HOP

5x the sequence on each leg

Slide crossing behind standing foot...and hop

Slide straight back...and hop

Slide to back diagonal away from standing foot...and hop