



SUGARFOOT THERAPY

SFT SHOULDER STABILITY CIRCUIT

WARM-UP

STEP BACK WITH ROTATION AT THE BARRE

- 5x Hold bare with right hand & step back with right foot
- 5x Hold bare with right hand & step back with left foot
- 5x Hold bare with left hand & step back with left foot
- 5x Hold bare with left hand & step back with right foot

STEP OUT WITH ROTATION & SIDE BEND AT THE BARRE

- 5x Holding strap in right hand and stepping out on right foot, rotate left & sidebend left
- 5x Holding strap in right hand and stepping out on right foot, rotate left & sidebend right
- 5x Holding strap in left hand and stepping out on left foot, rotate right & sidebend right
- 5x Holding strap in left hand and stepping out on left foot, rotate right & sidebend left

SPLIT STANCE HIP FLEXOR STRETCH WITH 5 WAY ARM DRIVES (light dumbbells optional)

Perform the exercise once with right foot forward, and once with left foot forward

- 5x Arms straight up overhead
- 5x Arms arc left
- 5x Arms arc right
- 5x Arms twist left
- 5x Arms twist right

SHOULDER STABILITY CIRCUIT

PERFORM THE ENTIRE CIRCUIT 1-3 TIMES

PLANKS WITH RESISTED SFT PULLS (using exercise band)

5x in each position

- 5x Right arm reaches forward & pulls in
- 5x Right arm reaches overhead to the left & pulls out to the right and into the waist
- 5x Right arm reaches under left arm & pulls open to the right
- 5x Left arm reaches forward & pulls in
- 5x Left arm reaches overhead to the right & pulls out to the left and into the waist
- 5x Left arm reaches under right arm & pulls open to the left

STAGGERED STANCE SQUATS WITH Y's AND T's (using exercise band)

- 5x Left foot forward squat with Y position
- 5x Right foot forward squat with Y position
- 5x Left foot forward squat with T position
- 5x Right foot forward squat with T position

SINGLE LEG BALANCE WITH 6 WAY SHOULDER PRESSES (using light dumbbells)

Perform the exercise once standing on right foot, and once standing on left foot

- 5x Press straight up overhead, alternating hands
- 5x Press up with slight backbend, alternating hands
- 5x Press up and out to each side, alternating hands
- 5x Press up and over to each side, alternating hands
- 5x Twist to back corners of the ceiling, alternating hands
- 5x Twist to front corners of the ceiling, alternating hands

3 WAY AIRPLANE PUSHUPS

2-5x the sequence

- Reach right hand to ceiling; reach left hand to ceiling
- Reach right hand straight forward; reach left hand straight forward
- Reach right hand straight side; reach left hand straight side

PULL AND PRESS AT THE BARRE (using exercise band and 1 light dumbbell)

15x on each side

- Right foot forward; left elbow pulls back & right hand presses up as you rotate left
- Left foot forward; right elbow pulls back & left hand presses up as you rotate right

3 WAY LUNGES WITH SHOULDER ROTATIONS

5x in each direction, on each leg

- 5x Rotate right and sidebend left; lunge forward onto right foot
- 5x Rotate right and sidebend left; lunge to 3 o'clock onto right foot
- 5x Rotate right and sidebend left; lunge to 4:30 diagonal on right foot
- 5x Rotate left and sidebend right; lunge forward onto left foot
- 5x Rotate left and sidebend right; lunge to 3 o'clock onto left foot
- 5x Rotate left and sidebend right; lunge to 4:30 diagonal on left foot