



SUGARFOOT THERAPY

SFT BALANCE 3

WARM-UP

FOOT & ANKLE MOBILITY

- 20x Relevés in downward dog
- 10x each leg Knee swings in downward dog

STANDING HIP FLEXOR STRETCH WITH 5-WAY ARM DRIVES

- Repeat the sequence on each leg
- 5x Arms drive straight up overhead
 - 5x Arms overhead arc right
 - 5x Arms overhead arc left
 - 5x Arms at chest height twist right
 - 5x Arms at chest height twist left

STANDING HIP HUGS

- 5x on each leg Alternating legs, parallel
- 5x on each leg Alternating legs, turned out

KNEELING HAMSTRING STRETCH

- 10x Alternating arms with right leg forward
- 10x Alternating arms with left leg forward

EN DEHORS & EN DEDANS TRAVELING HIP MOBILIZER

- 4-8x on each leg Leg rotating en dehors
- 4-8x on each leg Leg rotating en dedans

STRENGTH & BALANCE BUILDING EXERCISES

3 WAY LUNGE PROGRESSION WITH OVERHEAD ARM DRIVE (exercise band looped around barre, standing with back to the barre)

- 10x each leg Lunge straightforward
- 10x each leg Lunge straight side with both feet parallel
- 10x each leg Lunge to 4:30 (or 7:30) diagonal

DOUBLE LEG SQUAT INTO SINGLE LEG RELEVE (with exercise band wrapped twice above the knees and tied securely)

- 10x on each leg Alternating legs

3-WAY LUNGE TO FLYING BALANCE SEQUENCE

- 5x on each leg slow; 5x on each leg fast and fluid
- Lunge forward with right leg; Flying balance with left leg up; Return left leg down to lunge; Spring right foot up into passé balance
- Lunge forward with left leg; Flying balance with right leg up; Return right leg down to lunge; Spring left foot up into passé balance

- 5x on each leg slow; 5x on each leg fast and fluid
- Lunge to 3 o'clock with right leg; Flying balance with left leg up; Return left leg down to lunge; Spring right foot up into passé balance
- Lunge to 9 o'clock with left leg; Flying balance with right leg up; Return right leg down to lunge; Spring left foot up into passé balance

- 5x on each leg slow; 5x on each leg fast and fluid
- Lunge to 4:30 with right leg; Flying balance with left leg up; Return left leg down to lunge; Spring right foot up into passé balance
- Lunge to 7:30 with left leg; Flying balance with right leg up; Return right leg down to lunge; Spring left foot up into passé balance

4-WAY SINGLE LEG SQUATS WITH SWISS BALL

- 10x on each leg Pushing ball straightforward with both feet parallel
- 10x on each leg Pushing ball straight side with both feet parallel (working leg turned in)
- 10x on each leg Pushing ball straight side with working leg turned out (toes point up to ceiling on extension)
- 10x on each leg Pushing ball straight back with both feet parallel

SINGLE LEG RELEVE BALANCE WITH 3-WAY DUMBBELL OSCILLATIONS (light dumbbells, such as 3 lbs., are optional)

- Repeat the sequence on each leg
- 5x Arms overhead, shifting front to back
 - 5x Arms overhead, shifting side to side
 - 5x Arms in 1st position, shifting side to side

SWISS BALL PLANK WITH 3-WAY OSCILLATIONS

- 10x Elbows shifting front to back
- 10x Elbows shifting side to side
- 10x Elbows circling (5x clockwise; 5x counter-clockwise)

SINGLE LEG BALANCE WITH ROWS AND PUNCHES (with exercise band looped around the barre)

- 10x on each leg Rows, alternating hands
- 10x on each leg Punches, alternating hands