



SFT Heels Prep

ANKLE CARs

- 5x circle the foot outward
- 5x circle the foot inward

HIP CARs

- Perform 5 reps on each leg.
- One rep = an en de hors rotation and an en de dans rotation.

ANKLE INVERSION & EVERSION ON FLAT FEET

- 5-10x roll onto the outer edges of the feet and onto the inner edges of the feet

ANKLE INVERSION & EVERSION ON RELEVÉ

- 5-10x roll onto the outside of the foot and onto the inside of the foot

STANDING CLAMS ON FORCED ARCH

- Use one band above the knees and one band below the knees...or just one band above the knees.
- 10x squeeze the knee inward and then back out to the starting position

3 WAY LUNGES ONTO FLAT FOOT & FORCED ARCH

For each lunge direction, perform 5 reps on flat foot and 5 reps on forced arch.

- Lunge forward. Perform all reps on the right leg, than all reps on the left leg
- Lunge to the side. Perform all reps on the right leg, than all reps on the left leg. Keep toes pointing straight forward
- Lunge to the back diagonal. Perform all reps on the right leg, than all reps on the left leg. Toes point in direction of lunge.