



SUGARFOOT THERAPY

SFT STRENGTH FOR PARTNERING

WARM UP

STANDING ADDUCTOR STRETCH

8-10x each way, alternating sides, reaching opposite hand to opposite foot

STANDING CAT COWS

5-10x

3 WAY MOUNTAIN CLIMBERS

5-10x knees pulling straight forward into chest, alternating sides

5-10x reaching straight leg to same side arm, alternating sides

5-10x extending leg to opposite side arm, alternating sides

CIRCUIT - perform 1-3 round of the circuit

OVERHEAD PRESS WITH 2 SPEED VARIATIONS

10x - 1 count on the press up, 3 counts to slowly lower down

10x - 3 counts to slowly press up, 1 count to quickly lower down

STANDING HIP ROLLS

3-5x each way, alternating sides

*option to hold weight into chest or hold weight overhead...or use no weight

3 WAY LUNGES WITH RESISTANCE BAND ROW

8x Lunge forward with right leg, row with left arm

8x Lunge forward with right leg, row with right arm

8x Lunge out to the side with right leg, row with left arm

8x Lunge out to the side with right leg, row with right arm

8x Lunge to the back right corner with external rotation (standing with right side body facing band anchor), row with left arm

8x Lunge to the back right corner with external rotation (standing with right side body facing band anchor), row with right arm

**Then repeat the whole sequence on the left leg

SINGLE LEG BALANCE WITH PELVIC TILT & ROTATION

5x of each movement on each leg, alternating between upward tilt and external rotation

*option to hold weight in opposite hand of stance leg

Perform 2 sets total. Option to rest back toe on the floor in kickstand, or to hover the back toe off the floor.

PICKUP AND PRESS WITH ROTATION

8x pickup and press from low to high, from inside of stance foot to outside of stance foot

8x pickup and press at chest height, from inside of stance foot to outside of stance foot

8x pickup and press from low to high, from outside of stance foot to inside of stance foot

8x pickup and press at chest height, from inside of stance foot to outside of stance foot

*Repeat the full sequence in single leg stance on each side (non weight bearing foot rests on the floor in kickstand position)

COOL DOWN

5-10x each side, hip circles with weight shift

3x each side, kneeling adductor stretch with thread the needle thoracic rotation