



SUGARFOOT
THERAPY

SFT FLOOR-WORK TRANSITIONS

WARM UP

SL BALANCE WITH 2 WAY REACH

8-12x each leg, alternating curtsey and back diagonal

STANDING SPINAL FLEXION AND EXTENSION - 5 reps

SCAPULAR PUSH-UPS - 2 sets of 10 reps

LATERAL TUCK & ROLL SERIES

SLOW HIP TO FOOT TRANSITION

8 reps each leg

DEEP RANGE CURTSEY SL SQUAT

8 reps each leg

SLOW MOTION CURTSEY TO ROLL TO STAND

5 reps each way, alternating sides

EXPLOSIVE CURTSEY TO ROLL TO JUMP

5 reps each way, alternating sides

COSSACK SERIES

COSSACK SQUAT FROM WIDE 2ND POSITION

8 reps each leg

TRANSITION FROM DEEP RANGE COSSACK TO SEAT

Option to use block or folded mat if smooth transfer to the ground is not accessible

5 reps each leg

SINGLE LEG SLIDER TO FULL COSSACK AND BACK TO STANDING

5-10 reps each leg

JUMP EXTEND LAND SWOOP COMBINATION

4 reps each way, alternating sides

DIVE ROLL SERIES

DIVE BOMBER (1 rep = forward dive + reverse dive)

5 reps on knees

5 reps with knees off the ground

9 WAY PUSHUP WITH CLAP

2 sets of 8-10 reps (option to stay on knees)

SQUAT LAUNCH TO 3 WAY PLANK & STAND

Perform 5 rounds of the following:

Launch to forward plank and walk back to deep squat

Launch to forward right plank and walk back to deep squat

Launch to forward left plank and walk back to deep squat

Then stand and squat 1x

KNEE DROP SERIES

QUADRICEPS LEAN BACKS ON KNEES

8-10 reps

SPLIT STANCE REAR LEG UPRIGHT SQUAT

5-8 reps each side

STANDING QUADRICEPS LEAN BACKS

8-10 reps

COOL DOWN

STANDING QUAD STRETCH - 20 seconds each side

STANDING SPINAL FLEXION AND EXTENSION - 3 reps