

Foot & Ankle Stability – Repeat 4-6 weeks

If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.



Follow the program below doing Day One, followed by Day Two, then a rest day. Rest 1-2 minutes between sets.

[Warm Up Daily – Toe Yoga – 3-4 minutes](#)

[Banded Work – 2 sets of 15 in each position](#)

Day One

[Calf Isometric – 3 sets of Max Duration Hold](#)

[Clock Face – 3 sets of 2 complete circles](#)

[Double Leg Hops – 3 sets of 20 jumps in each position](#)

Day Two

[Side Drop Down – 3 sets of 8-12](#)

[Soleus Raises – Build up to 3 sets of 20 repetitions](#)

[FHL Raises – Build up to 3 sets of 20 repetitions](#)

Finish each session with:

[Calf Taps – Start at 30 seconds, build up to a set of 3-4 minutes](#)