

## ANKLE ACTIVATION 1

### 1 SEATED ANKLE DORSIFLEXION: : \_\_\_\_\_

WEEK 1- 2X30 REP

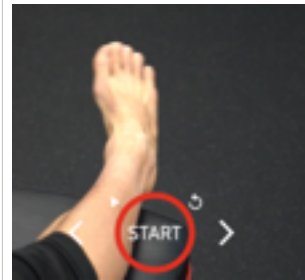
WEEK 2- 3X30 REP



### 2 ANKLE CIRCLE: \_\_\_\_\_

WEEK 1- 2X30 REP

WEEK 2- 3X30 REP



### 3 ISOMETRIC ANKLE INVERSION HAND RESISTANCE: \_\_\_\_\_

WEEK 1- 2 X 60 SEC

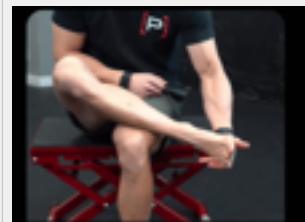
WEEK 2- 3X60 SEC



### 4 ISOMETRIC ANKLE EVERSION HAND RESISTANCE: \_\_\_\_\_

WEEK 1- 2 X 60 SEC

WEEK 2- 3X60 SEC



### 5 HEEL WALKING: \_\_\_\_\_

WEEK 1- 3 X 20SEC

WEEK 2- 4X30 SEC



### 6 TOE WALKING: \_\_\_\_\_

WEEK 1- 3 X 20SEC

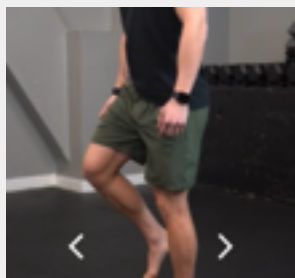
WEEK 2- 4X30 SEC



### 7 SINGLE LEG WOODPECKER: \_\_\_\_\_

WEEK 1- 2X 10 REP

WEEK 2- 2X 15 REP



### 8 MULTIDIRECTIONAL ANKLE MOTIONL (TOES HEEL)

WEEK 1- 2X10 REP

WEEK 2- 3X10 REP

