



Toe Mobilisation x30 secs -
Toe spreads & piano toes x30 secs -

Alternate eccentric calf raises x30 secs -
Single leg calf raise x30 secs R+L -
Bent leg single leg calf raise x30 secs R+L -

Glutes series..

Elevated Glute bridge
Glute bridge marches
Single leg glute bridge x30 secs R+L



From Head to Toe Academy