

WEEK 2

STRENGTH & CONTROL

Banded Big Toe Press	10 X 5 - 8s HOLDS	2 SETS
Wobble Cushion / Pillow Balance	20 - 30s EACH SIDE	3 SETS
Band Ankle Work	12 EACH DIRECTION	2 SETS
Assisted Slow Calf Raises	6 - 8 REPS (3s UP 3s DOWN)	3 SETS
Banded Ankle Toe Flexions	10 REPS	2 SETS