

ANKLE STABILITY WEEK 1

STRENGTH & CONTROL

Short Foot Activation	10 x 5 - 8s HOLDS	2 SETS
Single Leg Balance	20 - 30s EACH SIDE	3 SETS
Band Ankle Work	2 x 12 EACH DIRECTION	2 SETS
Slow Calf Raises	3 x 10 (3s UP 3s DOWN)	3 SETS
Ankle Toe Flexions	10 REPS	2 SETS