

Ankles

Why we do it:

Creates a stable base to balance on.
Learn to transfer weight.
Loosens shin and calf muscles.

Functional Benefit:

Stability



Stand in the neutral position with your feet together. Get ready to do 2 things at once:

Rise up onto your toes, keeping your ankles together.

Lift your arms to the front, shoulder height.



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Lower your heels to the floor.

Put your weight back onto your heels and lift your toes.