**1. Short Foot**

Goal:

* Strengthen the arch of the foot

Cues:

* Foot flat on the ground, no shoes or barefoot
* From here you are going to try and flex the muscle on the bottom of your foot and create an arch in your foot
* To do this, pull the balls of your feet towards your heel
* Slightly press the toes into the ground
* Lift the mid foot up and out

Where you should feel it:

* Arch of the foot

Video/pictures:

* <https://www.instagram.com/reel/C7NjLx0yJWs/?igsh=NTc4MTIwNjQ2YQ==>

**2. Big Toe/4 Toe Alternating Extension**

Goal:

* Strengthen the muscles in the feet
* Improve motor control of the feet and toes

Cues:

* Foot flat on the ground, no shoes or socks
* Push the balls of the feet firmly into the ground
* Lightly press the toes into the ground
* Start by lifting the big toe off the ground without lifting the other 4 toes or your foot
* Then return the big toe back down
* Next, lift the other 4 toes off the ground without lifting the big toe or your foot
* Repeat

Where you should feel it:

* Toes
* Top of foot
* Bottom of foot

Video/pictures:

* <https://www.instagram.com/reel/C8vbFb4S8Qq/?igsh=NTc4MTIwNjQ2YQ==>

**3. Towel Scrunch** 🎥

Goal:

* Strengthen the muscles in the feet
* Improve motor control of the feet and toes

Cues:

* Place a towel flat on the ground
* Feet flat on the towel, no shoes or socks
* Pick toes up off the towel as high as you can without lifting the balls of the feet
* Hold for a second
* Next reach your toes out as far as you can and place them back down on the towel
* Then curl your toes and scrunch the towel under your feet
* Repeat

Where you should feel it:

* Top of foot
* Bottom of foot
* Bottom/between toes

Video/pictures:

**4. Foot Elevated Lunge Hold**🎥

Goals:

* Strengthen the foot muscles
* Strengthen the calf muscles
* Stabilize the foot

Cues:

* Place a weight, book, block, etc on the ground
* Get into a half kneeling position
* Place your front foot up on the weight, block, etc.
* Toes and balls of front foot up
* Rest of foot and heel hanging
* Press yourself up into a lunge position
* Both knees bent around 90 degrees
* Shift your weight slightly forward onto front leg
* Keep front foot parallel to the floor
* Don’t let your heel drop
* Keep even pressure across your toes and ball of foot
* Hold this position for time
* 3-5 reps on each leg

Where you should feel it:

* Bottom of foot
* Calf
* Hips
* Quads

Video:

**5. Seated TA raises**

Goal:

* Strengthen the front muscle in the lower leg (Tibialis Anterior)
* Increase ankle range of motion (dorsiflexion - top of foot to shin)

Cues:

* Sitting on a chair, couch, bench, etc.
* Feet flat on the floor
* The further out front the feet are the easier it will be and vice versa
* Lift the top of the foot upwards like you are trying to touch it you your shins
* Keep the heels planted on the ground
* Focus on the squeeze in the front of the lower leg at the top part of the movement
* Keep the motion slow and controlled on the way back down
* Can add weight on the thighs to increase resistance

Where you should feel it:

* Front and outside portion of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/CyPV9vJJ8Yi/?igsh=NTc4MTIwNjQ2YQ==>

**6. Standing TA raises**

Goal:

* Strengthen the front muscle in the lower leg (Tibialis Anterior)
* Increase ankle range of motion (dorsiflexion - top of foot to shin)

Cues:

* Standing, upper back/shoulders against a wall
* Feet flat on the floor
* The further out front the feet are the harder it will be and vice versa
* Lift the top of the foot upwards like you are trying to touch it you your shins
* Keep the heels planted on the ground
* Focus on the squeeze in the front of the lower leg at the top part of the movement
* Keep the motion slow and controlled on the way back down

Where you should feel it:

* Front and outside portion of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/CyPV9vJJ8Yi/?igsh=NTc4MTIwNjQ2YQ==>

**7. Standing Calf Raises**

Goal:

* Strengthen the upper muscle in the back of the lower leg (gastrocnemius)
* Increase ankle range of motion (plantar flexion - foot pushing down)

Cues:

* Standing in an upright position
* Balls of feet and toes elevated on weight plates, a step, books, etc.
* Heels on the ground
* Lift the heels up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight to increase resistance

Where you should feel it:

* Upper part of the back of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/DGPeyv4To9F/?igsh=NTc4MTIwNjQ2YQ==>

**8. Standing Calf Raises 2 Up/1 Down**

Goals:

* Strengthen upper calf muscles
* Strengthen feet
* Stabilize the knee

Cues:

* Standing in an upright position
* Balls of feet and toes elevated on weight plates, a step, books, etc.
* Heels on the ground
* Lift the heels up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Lift and extend one foot so it is floating
* Lower yourself back down with one leg
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight to increase resistance

Where you should feel it:

* Upper calfs
* Back of knee
* Bottom of foot

Video:

**9. Standing Calf Raise 1 Up/1 Down**

Goals:

* Strengthen upper calf muscles
* Strengthen feet
* Stabilize the knee

Cues:

* Standing in an upright position
* Place one foot forward
* Balls of front foot and toes elevated on weight plates, a step, books, etc.
* Heel on the ground
* Lift yourself up with one leg
* Lift your heel up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Lower yourself back down with one leg
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight to increase resistance

Where you should feel it:

* Upper calfs
* Back of knee
* Bottom of foot

Video:

* <https://www.instagram.com/reel/CytrCC-SS-S/?igsh=NTc4MTIwNjQ2YQ==>

**10. Seated Calf Raises**

Goal:

* Strengthen the lower muscle in the back of the lower leg (Soleus)
* Increase ankle range of motion (plantar flexion - foot pushing down, dorsiflexion - top of foot to shin)

Cues:

* Seated position
* Balls of feet and toes elevated on weight plates, a step, books, etc.
* Heels on the ground
* Lift the heels up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight on the thighs to increase resistance

Where you should feel it:

* Lower part of the back of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/DHZxxy7xXsT/?igsh=NTc4MTIwNjQ2YQ==>

**11. Seated Calf Raise 2 Up/1 Down**

Goal:

* Strengthen the lower muscle in the back of the lower leg (Soleus)
* Strengthen feet
* Increase ankle range of motion (plantar flexion - foot pushing down, dorsiflexion - top of foot to shin)
* Stabilize the knee

Cues:

* Seated position
* Balls of feet and toes elevated on weight plates, a step, books, etc.
* Heels on the ground
* Lift the heels up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Move one foot and leg out of the way so all the weight is on one leg
* Lower your heel back down with one leg
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight on the thighs to increase resistance

Where you should feel it:

* Lower part of the back of the lower leg

Video/pictures:

**12. Seated Calf Raise 1 Up/1 Down**

Goal:

* Strengthen the lower muscle in the back of the lower leg (Soleus)
* Strengthen feet
* Increase ankle range of motion (plantar flexion - foot pushing down, dorsiflexion - top of foot to shin)
* Stabilize the knee

Cues:

* Seated position
* One foot in front and elevated
* Balls of front foot and toes elevated on weight plates, a step, books, etc.
* Heel on the ground
* Lift the heel up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Lower your heel back down with one leg
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight on the thighs to increase resistance

Where you should feel it:

* Lower part of the back of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/CytrCC-SS-S/?igsh=NTc4MTIwNjQ2YQ==>

**12. Glute Bridge (Barefoot)**

Goal:

* Strengthen the glute muscles
* Work on hip extension
* Engage the core with hip movements

Cues:

* Start lying flat on your back
* Bend your knees, feet flat on the ground
* Bring your heels as close to your butt as you can (keeps the focus on the hamstrings)
* Engage your core muscles (slightly pull your rib cage down towards your pelvis)
* Keep this engaged thought the movement
* Tuck your pelvis (pull pelvis up towards rib cage, will engage your glutes)
* From here, press your feet into the ground and lift your hips toward the sky
* Stop when your legs, hips, and back are in a straight line
* Squeeze your glutes at the top
* Slowly and controlled return to the starting position
* Avoid arching your low back
* Keep the core engaged!
* Avoid letting your toes or heels lift off the ground throughout

Where you should feel it:

* Glutes! (Butt muscles)
* Core
* Quads (front of thighs)

Video/pictures:

* <https://www.instagram.com/reel/C6INIA2L-9H/?igsh=NTc4MTIwNjQ2YQ==>
* <https://www.instagram.com/reel/DHKVl12J6Yn/?igsh=NTc4MTIwNjQ2YQ==>

**13. Single Leg Glute Bridge (Barefoot)**

Goal:

* Strengthen the glute muscles
* Work on hip extension
* Engage the core with hip movements

Cues:

* Start lying flat on your back
* Bend your knees, feet flat on the ground
* Bring your heels as close to your butt as you can (keeps the focus on the hamstrings)
* Unbend one leg at the knee so it is straight out
* Engage your core muscles (slightly pull your rib cage down towards your pelvis)
* Keep this engaged thought the movement
* Tuck your pelvis (pull pelvis up towards rib cage, will engage your glutes)
* From here, press your foot into the ground and lift your hips toward the sky
* Stop when your legs, hips, and back are in a straight line
* Squeeze your glutes at the top
* Slowly and controlled return to the starting position
* Avoid arching your low back
* Keep the hips at the same height, avoid letting the hip with the straight leg dip
* Keep the core engaged!
* Avoid letting your toes or heels lift off the ground throughout

Where you should feel it:

* Glutes! (Butt muscles)
* Core
* Quads (front of thighs)

Video/pictures:

* <https://www.instagram.com/reel/C62MpL8A71C/?igsh=NTc4MTIwNjQ2YQ==>

**14. Heel Elevated Goblet Squat**

Goals:

* Strengthen the squat movement
* Strengthen muscles involved (low back, core, glutes, quads, hamstrings)
* Work on range of motion of lower body (hips, knees, ankles)

Cues:

* Standing position
* Spine in a neutral position, low back flat
* Heels elevated on weight plates or blocks
* Feet about hip width apart
* Hold a weight in front of the chest
* Lat muscles engaged (shoulders pulled down, elbows tight)
* Core braced
* From here squat straight down (like you are trying to sit your butt on your heels)
* Let the knees travel over the toes as far as they can
* Then stand straight back up

Where you should feel it:

* Core (should remain braced throughout)
* Quads and glutes
* Stretch in the hips, knees, and ankles

Video/pictures:

* <https://www.instagram.com/reel/DGlcsE2v8DO/?igsh=NTc4MTIwNjQ2YQ==>
* <https://www.instagram.com/reel/CxWrNQLpFqs/?igsh=NTc4MTIwNjQ2YQ==>

**15. Heel Elevated Lunge**

Goal:

* Strengthen the lower body
* Work on the lunge movement

Cues:

* Start in a half kneeling position
* Knee up and in front on the side you will be working more
* Place a block or weight under your front heel (this will increase ankle mobility and place more tension on the quads)
* Back Knee on the ground directly below your hip
* From here, press your front foot into the ground and stand up in the split stance
* Then lower yourself back down until your back knee lightly touches the ground and repeat
* Most of your weight should be on your front foot/leg in the bottom position
* Keep your chest up
* Keep your low back flat
* Standing up straighter will put more tension on your quads, leaning more forward will put more tension on your glutes

Where you should feel it:

* Glutes
* Quads

Video/pictures:

* <https://www.instagram.com/reel/C6upt1bSGdx/?igsh=NTc4MTIwNjQ2YQ==>

**16. Isometric Lunge Hold (Barefoot)**

Goal:

* Strengthen the lower body
* Work on getting into and holding the lunge position

Cues:

* Start in a half kneeling position
* Knee up and in front on the side you will be working more
* Knee on the ground directly below your hip
* Raise your body off the ground so your bottom knee is off the ground, shin parallel with the ground
* Most of your weight should be on your front foot/leg
* Keep your chest up
* Keep your low back flat
* Standing up straighter will put more tension on your quads, leaning more forward will put more tension on your glutes
* Hold this position for time
* Can place your hand on a fixed object to help with balance

Where you should feel it:

* Glutes
* Quads

Video/pictures:

* <https://www.instagram.com/reel/C6ZwbFGyQsN/?igsh=NTc4MTIwNjQ2YQ==>

**17. Foot Elevated Lunge Calf Raise** 🎥

 Goals:

* Strengthen the foot muscles
* Strengthen the calf muscles
* Stabilize the foot

Cues:

* Place a weight, book, block, etc on the ground
* Get into a half kneeling position
* Place your front foot up on the weight, block, etc.
* Toes and balls of front foot up
* Rest of foot and heel hanging
* Press yourself up into a lunge position
* Both knees bent around 90 degrees
* Shift your weight slightly forward onto front leg
* Keep front foot parallel to the floor
* Don’t let your heel drop
* Keep even pressure across your toes and ball of foot
* Now slowly and controlled drop your front heel toward the floor as far as you can
* Should feel a stretch on the back side of the lower leg
* Then lift your front heel up as high as you can (like your getting up on your tippy toes)
* Calfs should contract
* Slight pause and squeeze at the top
* 5-10 reps on each leg

Where you should feel it:

* Bottom of foot
* Calf
* Hips
* Quads

Video: