

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Advanced Ankle Exercise Program

- Please complete this program 1-2 per week

1. Single leg dip



- Standing on the edge of a step
- Place one leg forwards and slowly bend standing leg keeping knee hip and ankle in line with good control
- Straighten standing leg to return to starting position
Repeat 15 times, each leg

2. Single leg stand/ heel raise



- Stand on one leg keeping your balance. Hold for 30 seconds. Repeat 3 times each leg.
- **Progression:** throw and catch a ball against the wall while standing on one leg for 30 seconds.
- **Progression:** close your eyes and keep your balance for as long as you can for 30 seconds
- **Progression:** rise up onto your tiptoes and hold for 30 seconds.

3. Wobble cushion single leg stand



- Stand on one leg on a folded cushion or pillow or half-filled hot water bottle.
- Aim to keep your balance for 30 seconds. Repeat 3 times each leg
- **Progression:** try doing this with your eyes closed or trying to throw and catch a ball whilst balancing on the wobble cushion.

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4. Star Excursions



- Stand in middle of an imaginary star (asterisk)
- Bend standing leg when pointing as far forward as possible with opposite leg to the first point of the star.
- Return both feet to the middle then point out to the next point of the star and continue to all the points of the star
- Repeat on the opposite side. Repeat 3 times, both sides.

5. Hopping



- Stand on one foot and practice hopping up and down or forwards in a straight line.
- Repeat 20 times each leg
- Progression: practice hopping forwards and backwards
- Progression: practice hopping from foot to foot in a zig-zag line
- Progression: practice hopping around points/cones on the floor in semi-circular movements.

6. Jump Squats



- Standing on both feet, bend your knees and then quickly straighten and push through your knees to jump off the floor.
- On landing keep your knees bent and hold this squat position for 5 seconds. Repeat 15 times.

7. Standing Scooter



- Stand on one leg and imagine you are on a scooter and bring the lifted leg back behind you whilst bending the knee of the leg that you are standing on. Hold for 3 seconds
- Bring the lifted leg forwards again back to the center and rest it onto the floor. Repeat 15 times each leg.