

- 1.1. Ski jumpers lean
- 1.2. Ski jumpers lean with alternating butt kickers
- 1.3. Foot rockers
- 1.4. Ankle jumps (bounces)both feet
- 1.5. Ankle jumps alternating feet
- 1.6. Star touch
- 1.7. Dorsiflex

1. Ankle Matrix

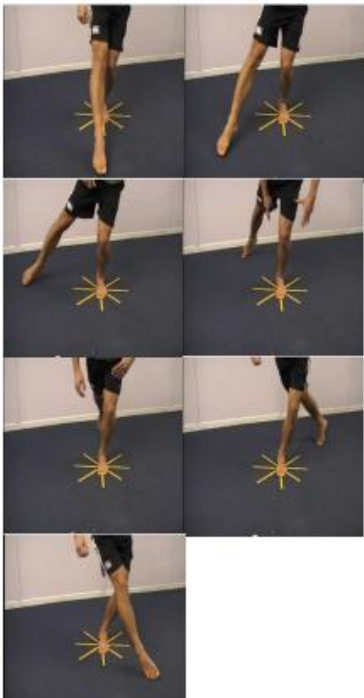
Skiers Lean
(no support)



Ankle jumps both feet and alternating single foot



Star touch



Dorsi-flex

