STRENGTH: BREAK AN ANKLE : 30 MIN

WARM UP
10 minute warm up at HR 120 or less

DYNAMIC STRETCH // ARM CIRCLES // BUTT-KICKS // PIKE STRETCH - Get in a "pike" position (hips in the air). Put your right foot behind your left ankle. With your legs straight, press the heel of the left foot down. Release. Repeat 10 times on each side // **WALKING LUNGES // KNEE TO CHEST // STRAIGHT LEG KICKS**

MAIN SETS // perform 3 sets + 2 min rest between sets // add extra set for bonus if time allows

- Trace the alphabet with your toe, which encourages ankle movement in all directions // 3 times each foot
- Sit in a chair with your foot flat on the floor. Slowly move your knee side to side while keeping your foot pressed flat // 2 min x 3 reps each leg
- Sit with your leg straight in front of you. Place a rolled towel under the ball of your foot, holding the towel at both ends. Gently pull the towel toward you while keeping your knee straight. In moderate to severe ankle sprains, it may be too painful at first to pull your toes far enough to feel a stretch in your calf. Use caution, and let pain be your guide // 30 seconds x 3 reps each foot
- Stand facing a wall with your hands on the wall at about eye level. Put the leg you want to stretch about a step behind your other leg. Keeping your back heel on the floor, bend your front knee until you feel a stretch in the back leg // 30 seconds x 3 reps each foot
- Stand on one foot only, hold your arms across your chest, and close your eyes. Balance for a long as you can // 30 seconds x 3 reps each foot
- One leg mini squats: On one leg do a half squat with the opposite leg out front // 10 reps each foot - - foot out to the side for 10 reps each foot - - foot behind for 10 reps each foot
- Single Leg Good Mornings // Stand on one leg and bend forward very slowly, while maintaining your normal spinal curve // 10 reps each leg x 3 sets

STATIC STRETCH // Touch toes : hold 1 minute // Quad hold : 1 minute each leg // Calf stretch : 1 minute each leg // Side lunge : 1 minute each leg