

# ANKLE EDGE WORK ROUTINE #1

## BENEFITS

- Improves overall ankle mobility and balance which translates into better edge work out on the ice
- Reduces injury risk in foot, knee, and hip during hockey and dryland drills
- Your “all-in-one” answer for ankle mobility, stability, and balance
- Requires no equipment at all

## STANDALONE ANKLE MOBILITY ROUTINE:

- A:** Seated ankle circles x 10 per direction
- B:** Single leg balance x 30 seconds per side
- C:** Slow single leg anterior reaches x 5 per side
- D:** Standing calf raise x 10
- E:** Skater lunge x 5 per side
- F:** Ankle pogo hops x 10
- G:** Single leg hops x 5 per side
- H:** Toes elevated squats x 10

## WHAT YOU NEED TO KNOW

- This routine is ideally performed on non-training days
- Perform the full circuit only one time through taking minimal rest in between exercises
- Perform each exercise with excellent technique
- For the first few weeks it is ok to only perform 1-2 reps of each movement as you slowly build up your mobility, technique, and stability