

ANKLE FLOW WARM UP

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 + warm-up for games/workouts
- Requires no equipment at all

ANKLE FLOW WARM UP ROUTINE:

A1: Duck walk

A2: Duck walk plus heels elevated squats

A3: Duck walk plus heels elevated squats into squatting on the sides of your feet

A4: Duck walk plus heels elevated squats into squatting on the sides of your feet into downward dog

A5: Duck walk plus heels elevated squats into squatting on the sides of your feet into downward dog into heels elevated walking

WHAT YOU NEED TO KNOW

- This routine is ideally performed before games and/or workouts
- Perform each movement for three reps per side before moving onto the next movement. For the Duck Walk and Heels Elevated Walking, this means three steps per side
- 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