

ANKLE FLOW WARM UP #2

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:** Toes elevated squats
- A2:** Standing calf raise with toes elevated
- A3:** Heels elevated walking
- A4:** Squat on the sides of your feet
- A5:** Toes elevated walking backwards to starting position

WHAT YOU NEED TO KNOW:

- This routine is ideally performed before games and/or workouts
- Perform each movement for three reps before moving onto the next movement. For the walking variations, 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