

Training Diary



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1. Position your body against a wall as shown with _____ foot behind
2. Point toes directly toward wall and hold heel down
3. Lean into wall as shown so that you feel a stretch
4. Hold 5 seconds
5. 10 repetitions, 2-3 times per day



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1. Assume position shown, pulling the _____ toes up toward your body so that you feel a stretch
2. Hold 5 seconds
3. 10 repetitions, 2-3 times per day



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1. Assume position shown, kneeling on the _____ knee and toes
2. Lean your body weight backward and down so that you feel a stretch
3. Hold 5 seconds
4. 10 repetitions, 2-3 times per day



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1. Sit with leg crossed over and grasp _____ foot as shown
2. Turn foot (forefoot and heel) downward so that you feel a stretch
3. Hold 5 seconds
4. 10 repetitions, 2-3 times per day



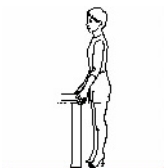
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1. Sit with _____ leg crossed over and grasp _____ foot as shown
2. Turn foot (forefoot and heel) upward so that you feel a stretch
3. Hold 5 seconds
4. 10 repetitions, 2-3 times per day



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1. Begin with foot flat on the floor with towel as shown
2. Keeping heel on floor, repetitively "scrunch up" towel
3. Each time you curl your toes equals one repetition
4. 30 repetitions, for 3 sets, 2 times per day



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1. Stand with feet 12 inches apart
2. Raise up slowly onto your toes as high as you can
3. 30 repetitions, for 3 sets, 2 times per day