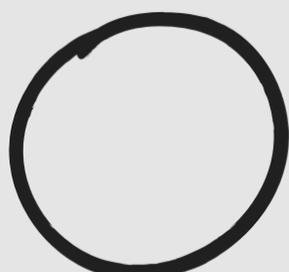


FOOT STRENGTHENING

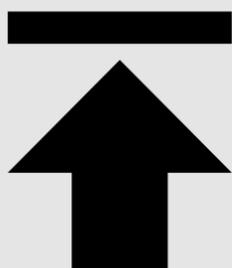
Strengthen your feet with these little exercises which you can do anywhere at home!

1 FOOT CIRCLES



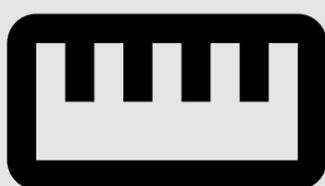
Sat on the floor with, lower back on the floor/laying down, place your right calf on top of your left knee. Slowly make large circles of your foot from your ankles keeping the rest of the leg still. Start 16 circles one way, 16 the other then swap legs. (Start with 8 and build from there if new to this) You may want some music on to help you to count, Take at least 2 counts per circle.

2 METATRCEL LIFT/DOMING



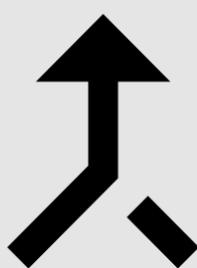
Sat on the floor with both knees into chest or one foot ticked under the other. Keeping your foot flat on the floor, with out moving your heel draw your arch up towards your heel. Be carefull not to scrunch your toes in the process. (Do in time with your favourite music)

3 PIANO TOES



Sat on the floor with both knees into chest or one foot ticked under the other. Keeping your foot flat on the floor, with out moving your heel lift all your toes off the floor and place back onto the floor from little toes to big toe. Also execute in the other direction. Try doing it quickly and slowly. Use different music to do it in time with the music!

4 TOE SIT UPS



Sitting on the floor, legs stretched out, feet pointed. Keep your arch stretched and lift your toes to the ceiling and then return to the pointed position. Repeat this 16 times keeping tension in the feet at all times. Feet your feet lengthening outwards as they move. Again try this to music, take 4 counts to lift and 4 to return.

5 FLEX AND POINT



Sitting on the floor, legs stretched out, feet pointed. Keep your arch stretched, flex and point your feet, leading with your heel to flex and leading with your toes to point. Choose your favourite song and use 4 counts to flex and 4 to point.

6 BALL ROLLING



With a squash, golf, tennis or other small ball, roll the ball under your arch in circles, lines and any direction you can, press down so there is pressure. Do this for half the song per foot.