

STANDING SEQUENCE

| EXERCISE | CUE | EXECUTION |
|------------------------|---|--|
| Transverse Arch & Toes | <ul style="list-style-type: none"> *Find your thumb toe mound *Find your pinkie toe mound *The center is your transverse arch *Lift pinkie toes as high as thumb toes *Concentrate on the toes that don't want to spread as easily (use hands if needed) | <ul style="list-style-type: none"> *Begin in natural turnout *Lift toes off floor and recognize transverse arch *Lift toes as high as possible *Spread 10 toes out as wide as possible |
| Toe Challenge | <ul style="list-style-type: none"> *pinkie touch, thumb touch *try double-double, single-single | <ul style="list-style-type: none"> *Lift 10 toes up *pinkie toes to floor (feel the outside edge touching floor) *Bring thumb toes to floor (feel inside edge touching floor) *alternate between pinkie and thumb toes |
| Foot Fold | <ul style="list-style-type: none"> *Roll across the entire transverse arch *Try to create a fold between your foot & toes | <ul style="list-style-type: none"> *Lift R heel up & roll across transverse arch *After 30 secs, switch sides |
| Rock & Roll | <ul style="list-style-type: none"> *Roll your ankle in as far as you can *Rock out to the outside edge *one at a time, then both | <ul style="list-style-type: none"> *Inversion of ankle *Eversion of ankle |
| Smart Toes & Doming | <ul style="list-style-type: none"> *Grip & release | <ul style="list-style-type: none"> *Grip the ground with your toes & release *Grip & hold *Focus on the arch of your foot and lift up |