

# Bulletproof Ankles

Enhance strength and mobility  
to avoid future injury, recover  
from past injury, and unlock  
athleticism



# WELCOME

## INTRODUCTION

The foot and ankle act as the literal foundation to your entire body. You cannot run, jump, cut, or walk without interacting with the ground through your foot.

Unfortunately, the way shoes are designed result in muscles around the foot and ankle shutting off. If you've ever worn a cast you know that the muscles atrophy and get weaker afterwards. The shoe is often like a mini cast.

When the foot and ankle is weak we are at greater risk of ankle injury and our athletic potential is decreased. And don't forget mobility restrictions. If your ankle can't move into positions required for sport, injury is bound to occur when your ankle is inevitably forced into that position.

The following exercises will enhance the mobility and strength of the foot and ankle to reverse the negative effects years of being trapped in shoes has caused, while additionally unlocking new athletic potential previously limited by your feet.

Perform the workout barefoot (preferably) 2-4 times/week, ensuring a rest day in between. If combining with a strength or skill workout, perform the mobility section first and the strength section after. We don't want to fatigue such an important structure before a high-demand activity.



# MOBILITY WARM-UP

## OPEN UP NEW RANGES

### ANKLE CONTROLLED ROTATIONS

2 x 2

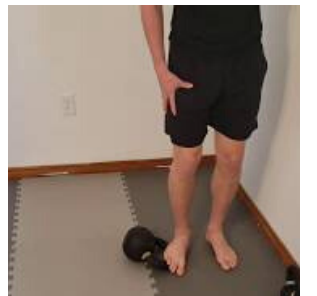
Slow rotation with high effort in each direction.



### EVERSION STRETCH

1 x 30s

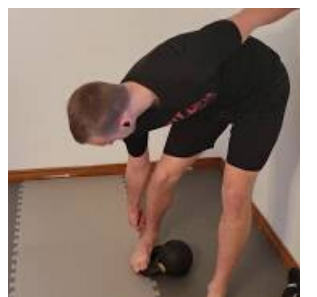
Feel the stretch on the inner part of your ankle.



### INVERSION STRETCH

1 x 30s

Feel the stretch on the outer part of your ankle.



### DORSIFLEXION STRETCH

1 x 30s

Feel the stretch on the back of your ankle.



### PLANTARFLEXION STRETCH

1 x 30s

Feel the stretch on the front of your ankle.



### BIG TOE STRETCH

1 x 30s

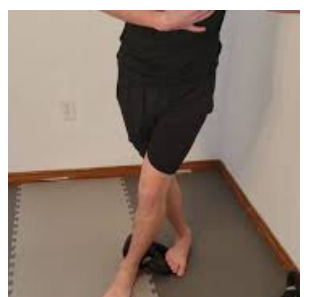
Feel the stretch on the bottom of your big toe.



### EVERSION ACTIVE STRETCH

2 x 5

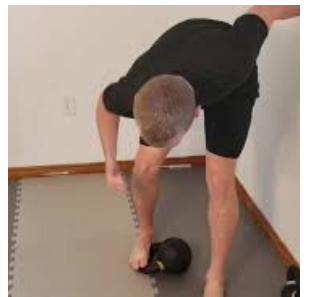
Maintain stretch throughout activations.



### INVERSION ACTIVE STRETCH

2 x 5

Maintain stretch throughout activations.



### DORSIFLEXION ACTIVE STRETCH

2 x 5

Maintain stretch throughout activations.



# STRENGTH EXERCISES

## OWN THOSE RANGES

### POGO HOP

3 x 8

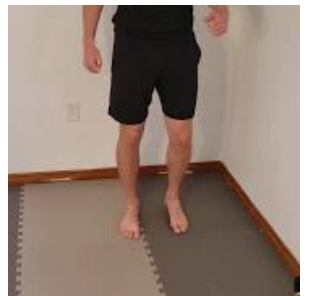
Get off the ground quick, jump high, keep a stiff ankle.



### POGO LATERAL BOUND

3 x 8

Get off the ground quick, jump high, keep a stiff ankle.



### FLOATING HEEL SPLIT SQUAT

3 x 8

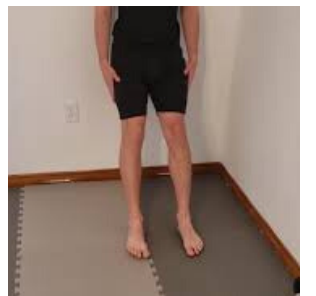
Avoid up/down heel motion, add weight if possible.



### TIB. ANT. RAISE

3 x 12

Change leg angle to change difficulty.



### LATERAL CALF RAISE

3 x 8

Push laterally into the wall on a sharp angle.



### FULL ROM SINGLE LEG CALF RAISE

3 x 8

Full stretch at the bottom, pause & squeeze at the top.



### SINGLE LEG HOLD W/ WEIGHT SHIFT

3 x 10

Maintain balance. If easy: close your eyes.

