

LOWER LIMB FOUNDATIONS

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DISCLAIMER

This eBook is for educational purposes only. It is not meant to serve as a means of injury diagnosis or treatment. If you are in pain, go see a qualified physical therapist.



INTRODUCTION

Welcome to the eBook. This is designed for those who want to improve their foot, ankle, and knee health and optimize the mechanics of those strctures working with the rest of their body (i.e. hip and trunk).

This program will take into account that all parts of your body are connected and nothing moves in isolation. I consistently see that those battling issues like Plantar Fasciities, inner or outer knee pain, achilles tendonopathy, etc, almost always have significant limitations not only at the knee and foot itself, but also up the chain at the hip and even the trunk.

While people do have individual presentations and limitations, the human body is still the human body. This program is written to target the most common issues with the foot the overwhelming majority of people face in terms of movement and biomechanical-related issues at the knee and foot.

HOW TO USE THE EBOOK

Follow the eBook exactly as written. If you half-ass it and then come to me saying it isn't working, I'm not going to be very receptive.

This program will help you if you follow it diligently. Every single exercise is chosen for a very specific reason. Each exercise is providing a specific input into your body that another exercise in the program may not be.

There are a few different types of exercises in the book:

Daily Drills: These are to be done every day of your life. They should be completed for around 3-4 sets per day of the perscribed amount of repetitions and/or breath cycles. It takes consistent input every day into your body to convince it to accept new positions and hold them over time. The most optimal way to do these would be a few sets in the morning and a few sets at night. I tell all of my clients:

"The ball is in your court for how quickly you will see results."

If you do less, you'll see slower results. If you do more, you'll probably see faster results.

Strength Exercises: These are to be done three times per week for the perscribed number of sets and repetitions within that set. They are designed to help you "own" the range of motion you are gaining in the Daily Drills. More is not necessarily better here, so please follow the guidelines as described in the program.

As for how much load to use, I would recommend around a RPE (Rating of Percieved Exertion) of no more than 8/10 on the strength exercises. That means you have two good reps left in reserve after the last rep of the set.

If there is a tempo added to the exercise, it will be in the format of X:X:X. The numbers represent time in seconds. The first number is the eccentric, or lowering phase of the movement, while the second number is the time between the eccentric and concentric, and the third number is the concentric, or "contraction" part of the movement.

Isometric Exercises: These types of exercies are more demanding in nature, and work on improving the ability to create co-contractions (more on that later) where muscles work together around a given joint to stabilize it under higher-velocity movements, and to a lesser extent, gait. They will also help improve tendon health.

Plyometric Exercises: These types of exercies are even more demanding in nature. These are essential for building tissue and tendon resiliency in dynamic, high impact and velovity movements. Even if you are not an athlete, these are essential to improving qualities of these tissues that you cannot train in regular strength training or isometric work.

Each of these types of exercises are essential to the program, and are not to be skipped. If you do, you will not see nearly as good of results.

FOOT MECHANICS OVERVIEW

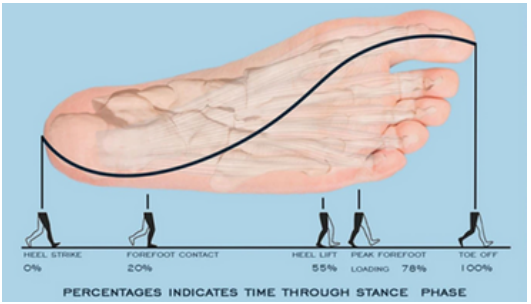
The foot works with the lower and upper body to help us move through space in human locomotion (gait). Many people experience issues with plantar fasciities, ankle impingement, heel pain, etc. What these people tend to have in common is that their foot is not able to work with their lower (and even upper) body to effectively move through the gait cycle.

Something is missing, and if we can't access a range of motion and/or joint action genuinely, we are going to compensate via the path of least resistance to find what we don't have.

Before we get into the nitty-gritty, let's go over what shoud properly happen in the gait cycle. If you want more information on this, check out my free Beginner Lower Body Biomechanics webinar on YouTube.

HEEL STRIKE & EARLY STANCE

We need to strike the ground with our outside (lateral) heel initially with the hip in flexion. Here we are biased towards a position of external rotation, but once we create contact with the ground, we are rapidly moving towards a position of internal rotation of the hip.

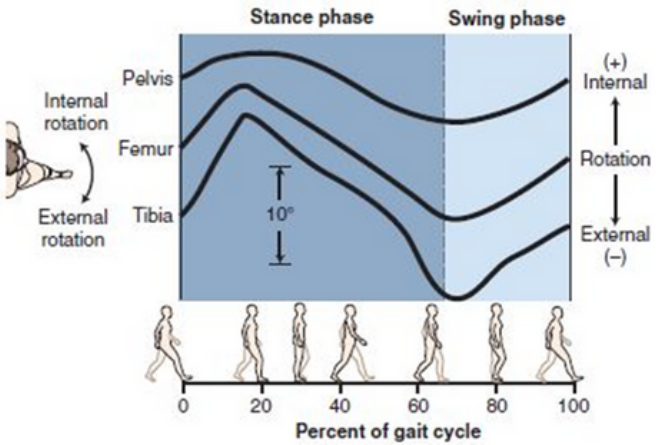




The foot is biased towards supination and plantar flexion, and early stance technically ends when the big toe makes contact with the ground.

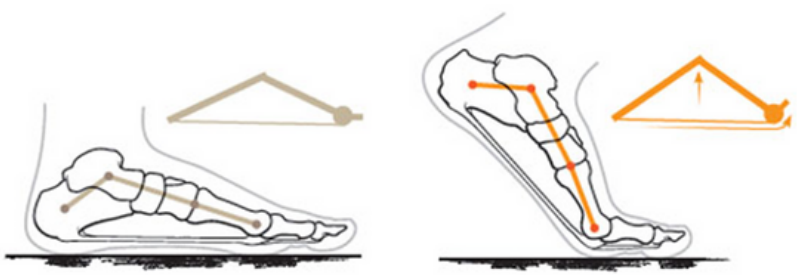
MID-STANCE

At this stage, we are now pronating our foot (arch flattening out) and the lower body is moving towards a position of internal rotation.



This flattening of the foot arch stretches out the plantar (bottom) foot muscles which are primarily supination muscles of the foot. This is referred to as the Windlass Mechanism, and this is essential for the "stretch" to be placed on these muscles so we can "re-spring" the foot arch up upon late stance.

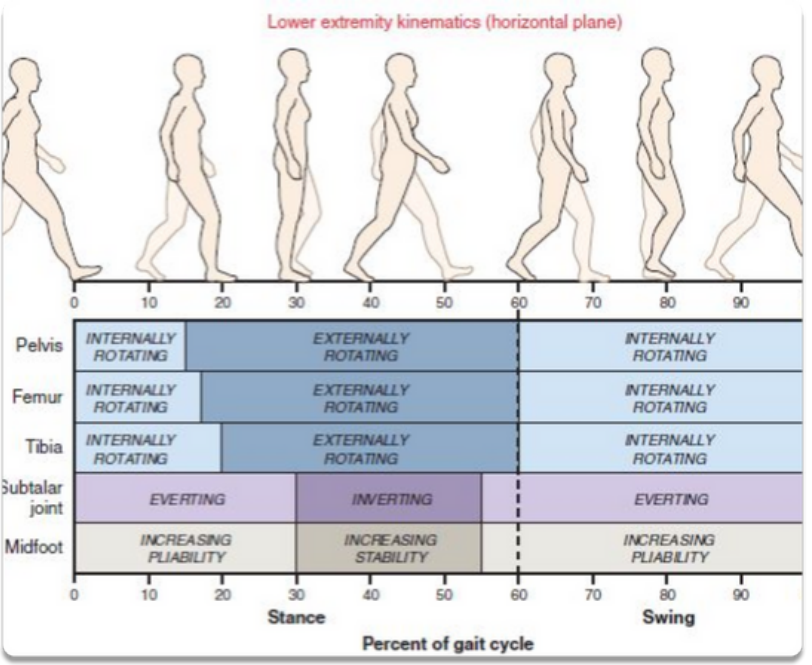
If the foot can't properly pronate, this will be hard to do.



Mid-stance ends when the heel begins to lift off of the ground.

TOE-OFF/LATE STANCE

Now we are going to move towards a point where we are propleing ourselves forward. The glute max works a little bit (more if we are running) along with the hip abductors (and even some adductor) to help extend the hip and push ourselves over to the other side.



We are moving torwards external rotation at this point, but we need to come from a place of internal rotation and foot pronation first. As the foot leaves the ground, we are moving towards internal rotation, but are still **relatively** externally rotated as a whole.

If the foot can't properly pronate, this will be hard to do.

COMMON FOOT ISSUES

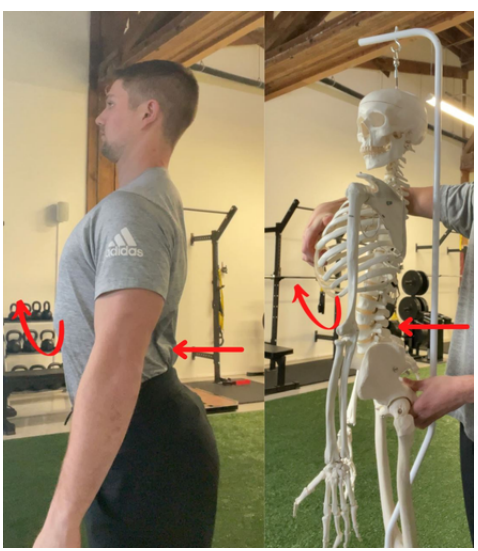
As mentioned above, for most people, we will find a strategy to find what we lack in terms of range of motion and proper joint actions.

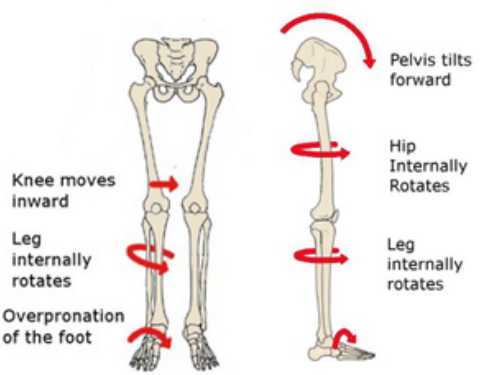
The most common strategy via the path of least resistance is to push ourselves forward, and that can take form in a few different ways. Primarily we see the following:

ANTERIOR PELVIC TILT

In this case, the pelvis is tipped significantly forward, which pushes our center of mass more forward onto our toes.

When this happens, we have some changes in the orientations of the lower body:



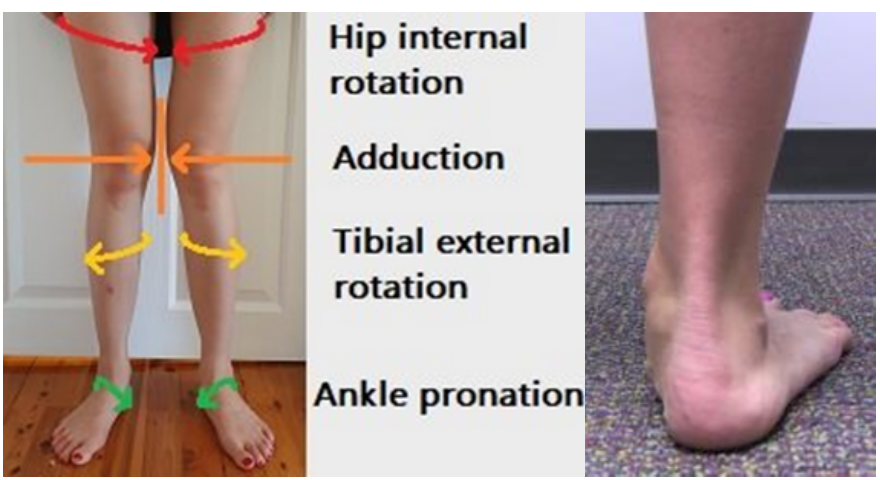


Under normal circumstances, we will lose ability to access full external rotation capabilities as well as the ability to properly strike the ground with our heel and also extend the hip.

TWISTS AND TORQUE IN BONES

Under typical (but certianly not all) circumstances, the legs are going to follow what the hips and feet do. If the pelvis externally rotates, the femur and tibial will follow and the foot will supinate. If the pelvis internally rotates, the femur and tibial with internally rotates and the foot will pronate.

If we see a posture or dynamic movement where theres are different bones moving in significantly different orientations, then we frequently see issues with knees and feet, as these torques are fighting against each other via compensations to help fill in the gaps for missing movement options. The most common presentation of this (which is a pretty extreme case below for visualization purposes) is a femur that is internally rotated, with a tibia that is externally rotated, and foot arch that is lower than it would be otherwise:



Conversely, we can also have a situation where the arches are "high" despite the pelvis still being more forward. In this case, the weight is often on their toes and they are "bypassing" their arch for pronation and simply going straight on their toes. These people often have bunions or toes that are oriented away from the midline of the body.





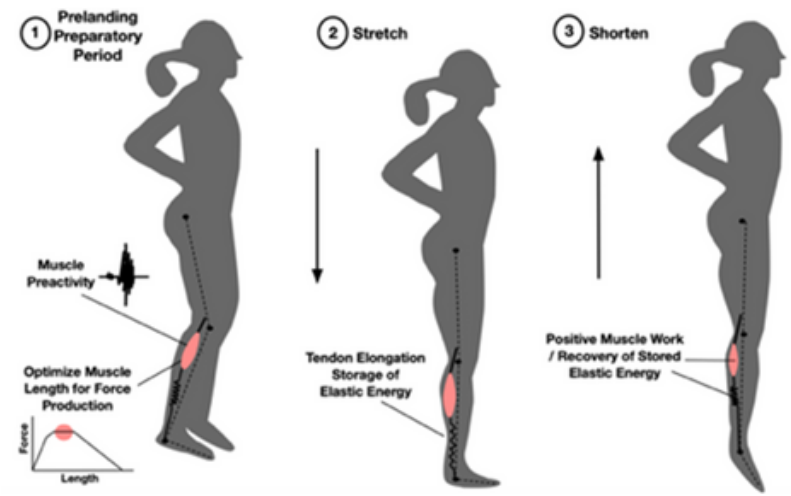
Regardless of which issue you have, I have taken into account improving all realms of foot, ankle, and knee mechanics. Some things you will be good at, others not at as much. The point of this program is to be effecicent in all phases of gait and locomotion as it realtes to athletic movement.

WALKING VS RUNNING & ATHLETIC MOVEMENT

Walking, running, sprinting, and other types of athletic movement are similar in some qualities, but are not the same thing.

Regardless of the task, we are still going to **relatively** move from positions of external rotation to internal rotation. The difference lies in that when moving at higher velocities, we are going to utilize more isometric contractions within the soft tissues.

These isometric contractions are referred to as co-contractions in the context of these athletic movements, which allow us to create stiffness when we strike the ground to allow for the tendon to stretch and re-coil, similar to a spring.



In order for the foot to work with the knee and hip, we need these co-contractions to work with specific musculature that stabilize our joints and allow for the tendons to be the tissue that elongates.



Even if you aren't an athlete or runner, these co-contraction drills will still be essential for you because they still occur (to a lesser extent) throughout our daily life and gait cycle.

HOW TO BREATHE

Breathing is foundational to the success of this program on some drills. Please understand how to effectively breathe before working on incorporating it with the exercises.

If there is a breathing component to an exercise, this is how I want you to execute it: Relaxed, full exhales through your mouth. *The longer and more relaxed, the better.* Many people use their six-pack (front) abs more than their obliques (side-abs), yet our obliques are what drive proper respiration. Therefore, I want you to be able to feel your obliques and not your six-pack when you exhale. Think "jelly-belly" as if your stomach was a jelly-filled donut. The obliques should come on *because you're exhaling, not because you're bracing*. If you don't feel them, you're not exhaling long enough **(not to be interpreted as hard enough)**. Period. A general guideline is 5-10 second exhales and 5-10 second inhales. That would equal one breath as it is laid out in the program.

Here is a video with an in-depth explanation on how to do this.

THE PROGRAM

Now, let's move on to the program. This eBook is broken up into six weeks, each with progressions building on the previous weeks.

The idea is that the progressions will build upon the earlier weeks as you gain access to new range of motion. I have strategically selected exercises I've found to work best with people who are new to these types of exercises.

The consistent repetition of the exercises will help you progressively integrate certain positions and muscles into harder poisitions over time. Please do not skip weeks. **If you have to miss a day, be sure to complete at least 14 days of the given exercises before moving on to the next phase.**

I have found 14 days to be a very effective timeline for allowing the body to adapt to the intended positions, range of motion, etc.

INCORPORATING THE EXERCISES INTO A TRAINING SESSION

This program can be done on its own, or alongside a typical strength training or athletic performance program. The daily drills are a fantastic warm up for weightroom work and would be appropriate for use in athletic settings as well.

If you do want to incorporate these exercises into a program, this is what I recommend:

- 2 sets of each of the daily drills as a warm-up
- 2 sets of the weekly isometric drill after the warm-up
- 2 sets of the plyometric drills following the isometric exercise
- Complete the strength exercise(s) as your Accessory Block exercises for the day - meaning they are the last exercises you do for the workout

Those sets can and do count towards your goal total of sets per day. So if you did 2 sets of the daily drills in your warm-up, you'd only need one or two more that day.

Then move to something that will be more specific to the activities you are going to do that day.

You can also add the strength exercises on off-days where you aren't training because they shouldn't be too heavy, nor fatiguing enough to compromise your recovery from full workouts.

PROGRAM STRATEGY OVERVIEW

The goal of the program is to restore the ability for the foot to work with the hip, and even the upper body, throughout the gait cycle. As I mentioned previously, human movement takes forms of all types, but depending on the movement, they are represenations of the ability of us moving through different "phases of gait", just in a different context.

Most people lack the relative motion at the hips, legs, and foot to proprely access these motions. We are going to work on first restoring early stance mechanics, then work into the ability to improve our ability to transition from early to mid to late stance.

Weeks 1-2 focus on early-stance mechanics. In order for us to properly pronate and access internal rotation, we have to come from a place of relative external rotation and foot supination. These weeks set that stage for us to effectively achieve heel strike mechanics so we can effectively own mid and late stance in the coming weeks.

Weeks 3-4 are designed to progressively integrate more challenging positions to maintain as well as a bias of internal rotation of the hips and legs coupled with pronation and dorsiflexion of the foot.

Weeks 5-6 are when we start to replicate more dynamic activities that will be more phyiscally taxing and even more challening. At this point we are getting fully upright in many cases and integrating more gait-speicifc work so that we can maximize our ability to transition into late stance. Our late stance mechanics are only as good as our mid and early-stance mechanics.

SHOEWEAR CONSIDERATIONS

Shoewear is a very important topic to discuss here because for some people, they can do all the right drills and exercises, but the shoes they wear daily and/or for exercise are compromising their foot.

These exercises in this program are designed to strengthen your foot & ankle while integrating it with the rest of your kinetic chain.

Unfortunately, many people wear shoes that are either:

1. Too cushiony - This is going to basically create a "sensory deprivation chamber" for your feet. In these cases, your foot won't have an ideal relatioship with the floor and you will struggle to properly integrate the mechanics and timing of your foot and your hip in the gait cycle.

2. Too unsupported - This is often when happens when someone's foot needs support (often times arch support and heel stability) which will cause problems with the foot's relationship with the floor and hip as mentioned above, but in a different way. An example of this would be someone who has a high arch. If you wear barefoot shoes and have high arches that can't lower (foot pronation) effectively, then you will struggle to pronate and internally rotate until your arch has the support under it so that way the arch has something to "push" or "lower into".

In either case, my goal is for you to be able to eventually wear whatever shoes you want, whenever you want.

However, sometimes we need to start with a supportive shoe that works well for us for a period of time. If you aren't seeing results that stick, my best recommendation would be to watch this video and wear the best shoes for you for the next 3-6 weeks.



DAILY DRILL #1: WEEK 1-2

COMPLETE 2 SETS IN THE MORNING AND 1-2 SETS AT NIGHT (3-4 TOTAL PER DAY)

EXERCISE & PURPOSE	REPS
Inchworm with Alternating Reach (+ Crawl Progression) • Stretches the calves and releases them to open up more movement at the tibia and foot	8 reaches and slow breaths per side



EXERCISE VIDEO LINK

OPTIONAL REGRESSION

DAILY DRILL #2: WEEKS 1-2

COMPLETE 2 SETS IN THE MORNING AND 1-2 SETS AT NIGHT (3-4 TOTAL PER DAY)

EXERCISE & PURPOSE	REPS
PRI 90/90 Hip Lift with Ball Hold • Improves ability to control tilt of pelvis with hamstrings and abs • Aligns pelvis with rest of body to allow for freedom of movement down the chain to foot	8 breaths



EXERCISE VIDEO LINK

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DAILY DRILL #3: WEEKS 1-2

COMPLETE 2 SETS IN THE MORNING AND 1-2 SETS AT NIGHT (3-4 TOTAL PER DAY)

EXERCISE & PURPOSE	REPS
Tibial Untwister • Improves ability for tibial to internally rotate • "Untwists" common problematic knee presentations	20-25 **very slow** reps per side



EXERCISE VIDEO LINK

ISOMETRIC EXERCISE #1: WEEKS 1-2

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Bilateral Hamstring Isometric Bridge • Entry-level progression for improving co-contractions around ankle, knee, & foot	3 x 15-45 seconds (increasing time each day with end goal of 45 seconds)



EXERCISE VIDEO LINK

STRENGTH EXERCISE #1: WEEKS 1-2

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Hamstring Bridge with Tibial Internal Rotation Focus • Improves shin's ability to move in and out of tibial internal rotation as hip extends • Strengthens hamstrings and glutes	3 x 8-10 per side at 3:1:3 tempo



EXERCISE VIDEO LINK

EXERCISE CREDIT: DAVID GREY

STRENGTH EXERCISE #2: WEEKS 1-2

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE

Seated Tempo Calf Raise

- Strengthens calves & puts knee in a position to decompress the back (posterior)

REPS

3 x 12 with a tempo of 3:1:3

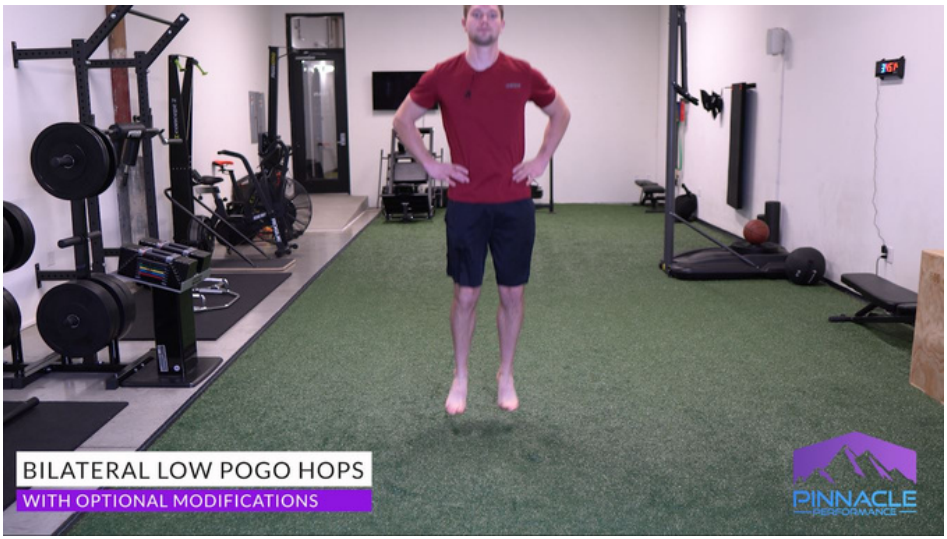


EXERCISE VIDEO LINK

PLYOMETRIC EXERCISE #1: WEEKS 1-2

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Bilateral Pogo Hops (with optional modifications) • Builds resiliency in the tendons of the foot, ankle, and knee • Trains dynamic co-contractions at a low level that we will progress	3 x 20-30 seconds per side



EXERCISE VIDEO LINK

PLYOMETRIC EXERCISE #2: WEEKS 1-2

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Supine Wall Switches • Builds resiliency in the tendons of the foot, ankle, and knee • Trains dynamic co-contractions at a low level that we will progress	3 x 15-20 per side



EXERCISE VIDEO LINK

RECAP: WEEKS 1-2

DAILY DRILLS	SETS X REPS
Inchworm with Alternating Reach (+ Crawl Progression)	3 x 8 reaches/side
90/90 Hip Lift with Ball Hold	3 x 8 breaths
Tibia Untwister	3 x 20-25/side

ISOMETRIC EXERCISE	SETS X REPS
Bilateral Hamstring Isometric Bridge	2 x 20+ sec/side

STRENGTH EXERCISES	SETS X REPS
Seated Tempo Calf Raise	3 x 12/side
Hamstring Bridge with Tibial Internal Rotation Focus	3 x 8-12/side

PLYOMETRIC EXERCISES	SETS X REPS
Bilateral Pogo Hops	2 x 20+ sec/side
Supine Wall Switches	2 x 15-20/side

DAILY DRILL #1: WEEKS 3-4

COMPLETE 2 SETS IN THE MORNING AND 1-2 SETS AT NIGHT (3-4 TOTAL PER DAY)

EXERCISE & PURPOSE

Introductory Pronation Drill

- Improves ability to dorsiflexion and pronate in mid-stance without going too far on toes

REPS

15-25 reps per side



EXERCISE VIDEO LINK

DAILY DRILL #2: WEEKS 3-4

COMPLETE 2 SETS IN THE MORNING AND 1-2 SETS AT NIGHT (3-4 TOTAL PER DAY)

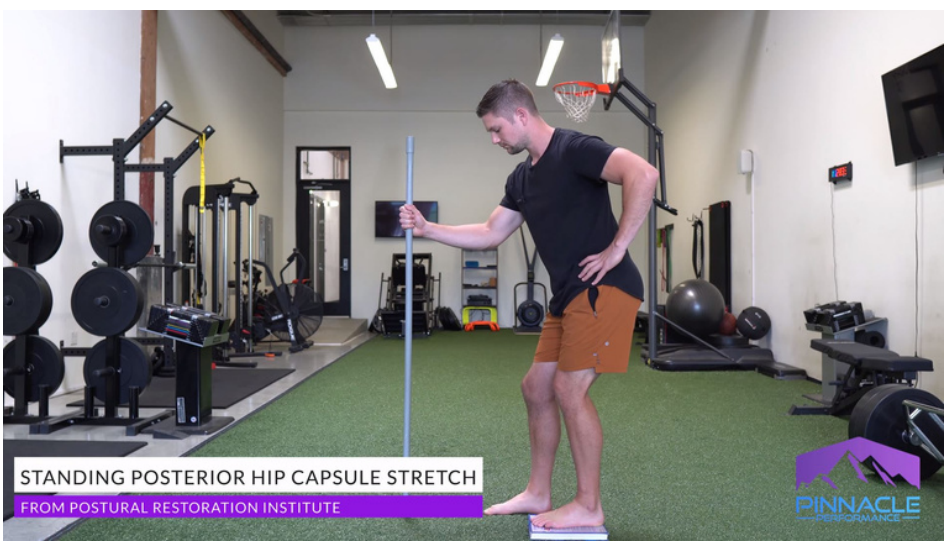
EXERCISE & PURPOSE

PRI Standing Supported Posterior Hip Capsule Stretch

- Improves internal rotation of hip which is necessary for optimal pronation of the foot
- Reduces compression of back hip (which limits internal rotation) that is common in many populations

REPS

1-2 minutes per side



EXERCISE VIDEO LINK

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DAILY DRILL #3: WEEK 3-4

COMPLETE 2 SETS IN THE MORNING AND 1-2 SETS AT NIGHT (3-4 TOTAL PER DAY)

EXERCISE & PURPOSE	REPS
Supine Wall Stride • Maximizes hip extension while improving connection of glute to mid-foot	5 breaths per side



EXERCISE VIDEO LINK

ISOMETRIC EXERCISE #2: WEEKS 5-6

COMPLETE 3 TIMES PER WEEK

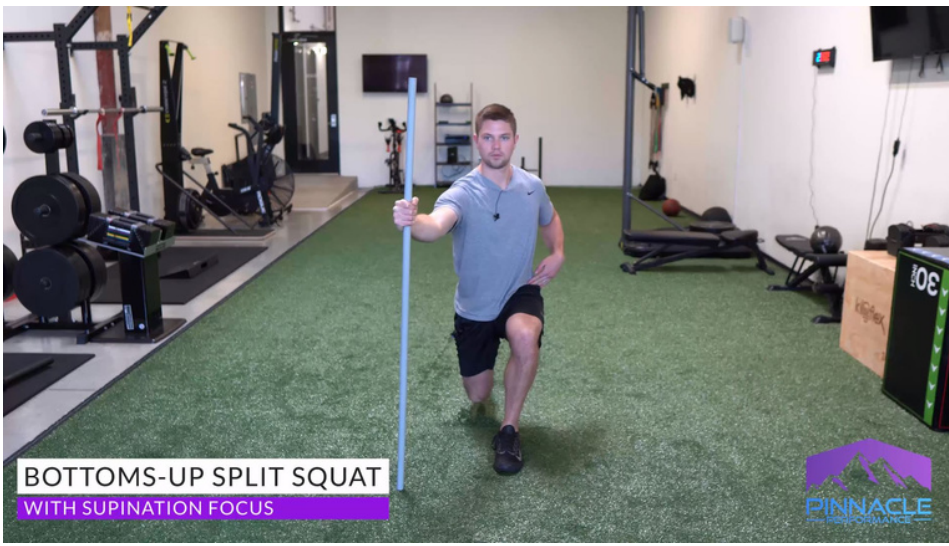
EXERCISE & PURPOSE

Bottoms-Up Split Squat with Supination Focus

- Biases transition from early to mid via targeting the adductors, outside hips, and quads.

SETS X REPS

5 x 5-30 seconds per side (trying to add time each day with end goal of 45 seconds)



EXERCISE VIDEO LINK

EXERCISE CREDIT: ZAC CUPPLES

ISOMETRIC EXERCISE #2: WEEKS 3-4

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE

Single Leg Isometric Hamstring Bridge

- Trains co-contractions of the hamstring, glute, and calf

SETS X REPS

3 x 15-45 seconds per side (trying to add time each day end goal of 45 seconds each set)



EXERCISE VIDEO LINK

EXERCISE CREDIT: DAVID GREY

STRENGTH EXERCISE #1: WEEKS 5-6

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Soleus Slouch • Training the ability to extend the hip before extending the knee (which is necessary in running & gait), while also training co-contractions at calf, hamstring, and glute	3 x 10 per side



EXERCISE VIDEO LINK

EXERCISE CREDIT: DAVE O'SULLIVAN

STRENGTH EXERCISE #2: WEEKS 3-4

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE

Heel Float Split Squat

- Strengthens calves, quads, and hamstrings

You don't have to use a load if it's too hard - you can also hold onto a doorframe or table with one hand to support and/or offload weight to make it easier.

REPS

3 x 10 slow, controlled reps



EXERCISE VIDEO LINK

PLYOMETRIC EXERCISE #1: WEEKS 3-4

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Single Leg Box Pogo Hops (with optional modifications) • Builds resiliency in the tendons of the foot, ankle, and knee • Trains dynamic co-contractions progressed from the bilateral hops	3 x 20-30+ seconds per side



EXERCISE VIDEO LINK

RECAP: WEEKS 3-4

DAILY DRILLS	SETS X REPS
Intro Pronation Drill	3 x 15/side
PRI Standing Supported Posterior Hip Capsule Stretch	3 x 1-2 min/side
Supine Wall Stride	3 x 5 br/side

ISOMETRIC EXERCISES	SETS X REPS
Bottoms-Up Split Squat with Supination Focus	5 x 5-30 seconds/side
Single Leg Isometric Hamstring Bridge	3 x 30-45 sec/side

STRENGTH EXERCISES	SETS X REPS
Soleus Slouch	3 x 12/side
Heel Float Split Squat	3 x 10/side

PLYOMETRIC EXERCISE	SETS X REPS
Single Leg Box Pogo Hops	3 x 20+ sec/ side

DAILY DRILL #1: WEEKS 5-6

COMPLETE 2 SETS IN THE MORNING AND 1-2 SETS AT NIGHT (3-4 TOTAL PER DAY)

EXERCISE & PURPOSE

Unassisted Pronation Drill

- Fully integrates ankle dorsiflexion with foot pronation
- Use the arch reference if necessary (mentioned later in video)

REPS

15-25 per side



EXERCISE VIDEO LINK

EXERCISE CREDIT: DAVID GREY

DAILY DRILL #2: WEEKS 5-6

COMPLETE 2 SETS IN THE MORNING AND 1-2 SETS AT NIGHT (3-4 TOTAL PER DAY)

EXERCISE & PURPOSE	REPS
PRI Alternating Reciprocal Step-Through with Elevation • Improves ability to transition from mid to late stance with the associated musculature	3 x 30-120 seconds per side (increasing time each day)



EXERCISE VIDEO LINK

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DAILY DRILL #3: WEEKS 5-6

COMPLETE 2 SETS IN THE MORNING AND 1-2 SETS AT NIGHT (3-4 TOTAL PER DAY)

EXERCISE & PURPOSE	SETS X REPS
Spring-Ankle Isometric • Improves strength of plantar foot muscles • Improves co-contractions around foot, knee, & hip • Despite this being an isometric exercise, this is best done daily	3 x 30-60 seconds per side (trying to add time each day)



EXERCISE VIDEO LINK

ALTERNATIVE EXERCISE

(USE THIS IF FIRST ONE DOESN'T FEEL RIGHT)

ISOMETRIC EXERCISE #1: WEEKS 5-6

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Single Leg Isometric Hamstring Bridge with Oscillation • Trains co-contractions of the hamstring, glute, and calf	3 x 15-45 seconds per side (trying to add time each day end goal of 45 seconds each set)



EXERCISE VIDEO LINK

EXERCISE CREDIT: DAVID GREY

ISOMETRIC EXERCISE #2: WEEKS 5-6

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Bottoms-Up Split Squat with Pronation Focus • Biases transition from mid to late stance via targeting the glute max, quads, and hip abductors	5 x 5-30 seconds per side (trying to add time each day with end goal of 45 seconds)



EXERCISE VIDEO LINK

EXERCISE CREDIT: ZAC CUPPLES

STRENGTH EXERCISE #1: WEEKS 5-6

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Kickstand Hinge with Forefoot Focus • Improves strength of calf, hamstring, quad, and glute co-contractions in a more challenging, dynamic movement	3 x 12 per side



EXERCISE VIDEO LINK

STRENGTH EXERCISE #2: WEEKS 5-6

COMPLETE 3 TIMES PER WEEK

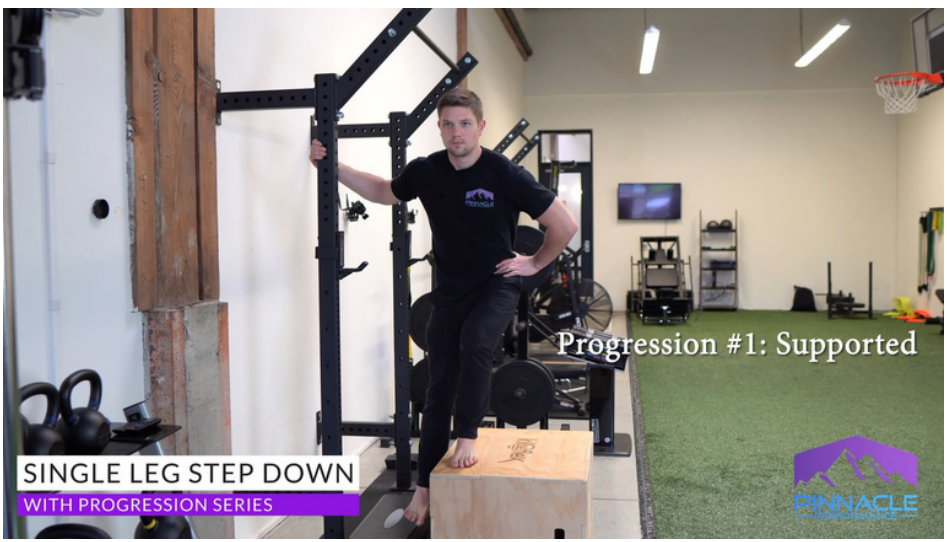
EXERCISE & PURPOSE

Single Leg Step-Down Progression Series

- Trains the muscles around the knee to be able to elongate while stabilizing the joint
- Improves control over hip and lower limb internal rotation

SETS X REPS

3 x 5-8 reps per side at a 5:1:3 tempo - start with progression #1 and work up from there

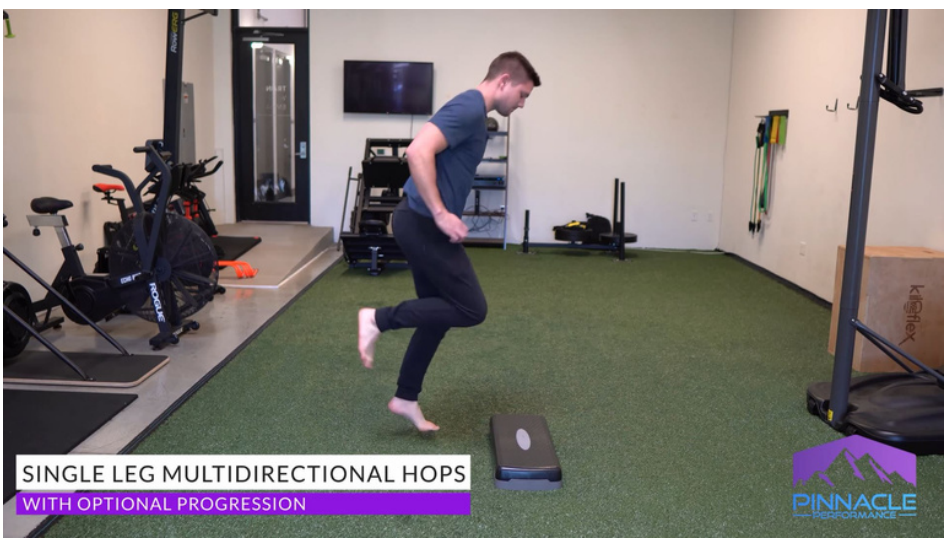


EXERCISE VIDEO LINK

PLYOMETRIC EXERCISE #1: WEEKS 5-6

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Single Leg Multi-Directional Pogo Hops with Optional Regressions • Improves tendon strength and resilience under fatigue with an increased challenge via the elevation	3 x 30-60 seconds per side



EXERCISE VIDEO LINK

EXERCISE CREDIT: PAUL FABRITZ

PLYOMETRIC EXERCISE #2: WEEKS 5-6

COMPLETE 3 TIMES PER WEEK

EXERCISE & PURPOSE	SETS X REPS
Single Leg Lateral Hurdle Hops - Double-Contact • Training higher force production & ability to strengthen tendons in knee, ankle & foot Can use other objects than hurdles as long as they are 4-6 inches high.	3 x 5-6 per side



EXERCISE VIDEO LINK

RECAP: WEEKS 5-6

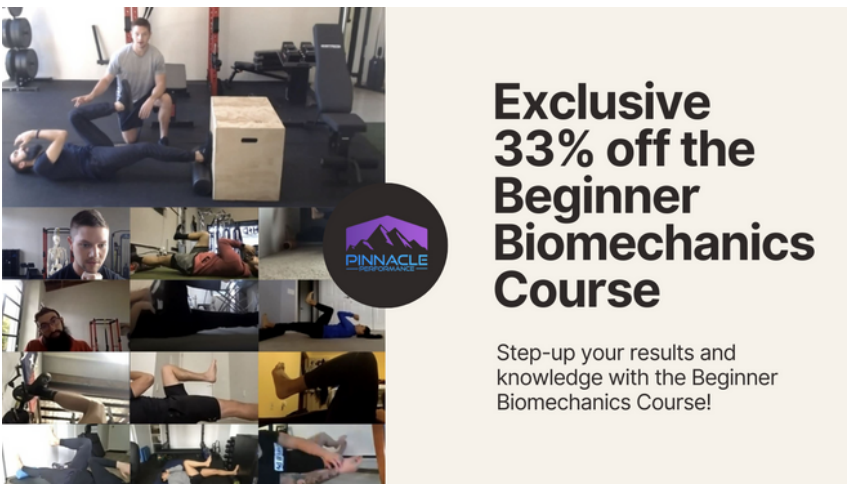
DAILY DRILLS	SETS X REPS
Unassisted Pronation Drill	3 x 15-25/side
PRI Mid-Stance Reciprocal Step-Through	3 x 30+ sec/side
Spring-Ankle Isometric	3 x 30+ sec/side

ISOMETRIC EXERCISES	SETS X REPS
Single Leg Isometric Hamstring Bridge with Oscillation	3 x 15-45 sec/ side
Bottoms-Up Split Squat	3 x 30+ sec/side

STRENGTH EXERCISES	SETS X REPS
Kickstand Hinge with Forefoot Focus	3 x 12/side
Single Leg Step-Down	3 x 8-12/side

PLYOMETRIC EXERCISES	SETS X REPS
Multi-Directional Pogo Hops	3 x 30+ sec/side
Single Leg Lateral Hurdle Hops - Double-Contact	3 x 5-6 per side

Want to get even better results? Get an exclusive 33% discount ($78 off) on the Beginner Biomechanics Course.



If you enjoyed the program and want to learn more behind the science, reasoning, and principles behind it, the Beginner Biomechanics Course is for you.

This course is designed for total beginners new to biomechanical concepts to gain a deeper understanding of how the human body moves and what we can do to fix the root cause of issues.

No prior experience or knowledge needed!

So if you want to take your results to the next level, I am offering an exclusive discount for you because you have already invested in your success with this program.

Here is your discount link. The code is BEGINNER33

Ending Notes

I hope you've enjoyed the program! I am confident you will see some great things happening.

You can reach me at:

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