

Ankle Roll Ups

Stand with your hands on a wall, feet parallel, toes pointed straight forward and a tennis ball between your heels. Keep the ball between your heels throughout the exercise. Draw your navel in towards your spine and sternum up as you continue the following: 1a. bend knees as your hips sit backward like in a chair 2b. lift heels as high as possible 3c. straighten knees 4d. lower heels.



Then reverse the pattern: 2a. Lift heels as high as possible 2b. bend knees 2c. lower heels 2d. straighten knees.

Repeat _____ times _____ sets.

