

ARCHCOACH™ ANKLE ROLL-INS



For ankle exercises the ArchCOACH™ strap must course from on top of the foot around the outside of the foot and is pulled up under your arch and is held up by your alternate hand (the opposite hand as the foot you are strengthening).

The ArchCOACH™ “X” gives an estimate of the direction in which to apply the strap. Begin the strap at the front inside of the top of the foot and attach it so that the ArchCOACH™ velcro runs diagonally across the ArchCOACH™ “X” as shown in the picture at the top right.



Next apply resistance by pulling the strap to the desired tension. Allow the resistance applied by the ArchCOACH™ to supinate your foot (roll it outwards).

Next using only the peroneal muscle group (the muscles on the outside of your lower leg) roll your foot back into its original start position as shown above while maintaining the resistance the ArchCOACH applies.

Repeat these ankle roll-ins as required. As you improve in your ability to coordinate your roll in movements under the ArchCOACH™ resistance, then slowly increase the speed of your roll-ins and the resistance of the ArchCOACH™.

