

Check with your physician before beginning any exercise program.

1 TOWEL CRUNCHES

Gather towel with toes, bunching it under foot. Reach forward with toes to gather more towel. Heel does not move.



2 ARCH CURLS

Stand straight, bare feet at shoulder width. Contract buttocks and roll weight to outer edges of feet, pulling arches up. Hold. Release and repeat.



3 TOE RAISES

Stand straight, hands resting on hips. Slowly rise up on your toes, then lower heels to floor. Don't rock forward—feel your calves doing the work.

4 TOE SPREAD

Reaching around bottom of foot, interlace fingers between toes. Circle foot in both directions at ankle. Repeat with other foot.



5 STRAIGHT LEG SCREAMER

Press hips, back, shoulders and head against wall. Pull toes toward wall. Hold and breathe. Feel stretch along back of legs and in calves.



6 CALF & HAMSTRING STRETCH

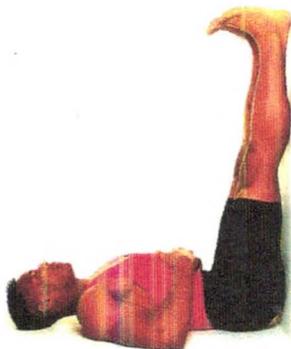
Calf: With cord at ball of foot, leg straight and tight, pull toes down. Do not lift hips. Hold.

Hamstring: Place cord at center of foot. With knee locked, raise leg toward chest. Do not lift hips.



7 LEG SCREAMER SPLIT

Back and seat must be flat on floor. With legs straight up, pull toes down to feel stretch along back of legs—hold. Slowly spread legs to feel inner thigh stretch. If you feel any pain, move seat away from wall.



8 FOOT CIRCLES

With bent knee, circle foot in both directions, then flex foot forward and back. Repeat with other foot. Hip and knee do not move.



9 GRAVITY RELAXATION

Rest leg on chair, knee bent at right angle, other leg is straight. Relax and breathe evenly. Lower back should settle flat to floor (5-7 minutes). Reverse and repeat.



TIPS:

- Foot problems are usually due, indirectly, to poor posture.
- Stay off injured foot if painful to allow healing.
- Do stretches #7 and #9 often.
- If you wear shoes with high heels, gradually switch to lower-heeled shoes and perform stretch #5 frequently.



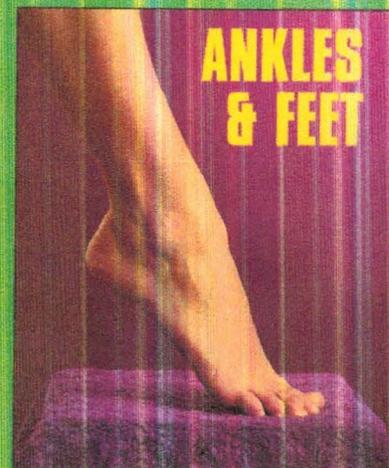
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ACTIVE SPORTSWEAR BY
DANCE FRANCE
THE SPORT CHALET, L.A.

STRETCH OUT

IMPROVE FLEXIBILITY

ANKLES & FEET



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