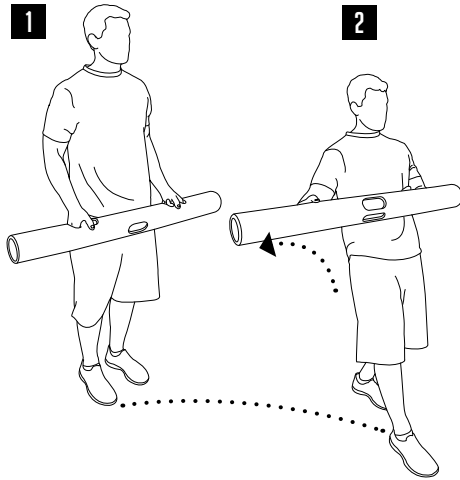


The body harnesses and directs forces of gravity via ground force reaction. To sequence forces through the body from the ground upwards, the foot should have sufficient mobility. These four exercises work towards creating the necessary mobility in all the most common problematic areas, such as soleus (calf group) extensibility coupled with ankle dorsiflexion, foot pronation into big toe propulsion, foot eversion and inversion, and big toe dorsiflexion.

Perform a traditional two or three sets of ten repetitions for each exercise at a moderate dynamic speed of movement. Complete the number of sets for one exercise before moving on to the next exercise.

EXERCISE - 1

SHIFT (LATERAL), STANDING HIP EXTENSION, ONE FOOT



EXERCISE PREPARATION

- Assume a two-handed Neutral Hold
- The heel, little toe and big toe should have good ground contact at all times during this exercise
- Good motion through the ankle (dorsiflexion), knee (flexion) and hip (posterior tilt) is essential

EXERCISE MOVEMENT

- Begin in a standing position with one foot off the ground and parallel to the other
- With a tall spine, perform a posterior shoulder lean by dorsiflexion of the ankle, flexion of the knee and posterior tilt in the pelvis
- Ensure that the posterior lean does not result in lumbar lordosis
- Hold the posterior lean and perform a lateral reach (at chest height) in the direction of the elevated leg

REGRESSIONS

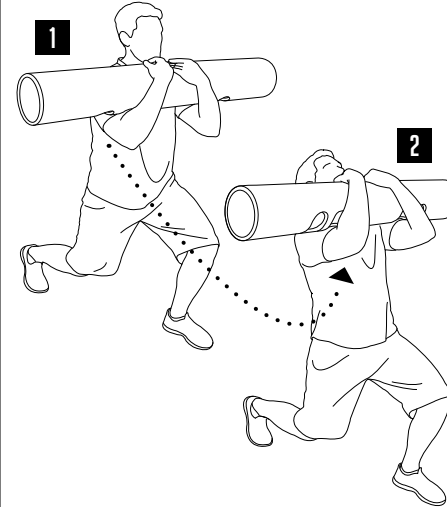
- Use much less range of motion
- Use a lighter weight

PROGRESSIONS

- Use more range of motion
- Use a heavier weight

EXERCISE - 3

CARRY (FRONT), LUNGE TO POSTERIOR TRUNK LEAN, POSTERIOR LUNGE



EXERCISE PREPARATION

- Begin with a Front Carry Hold
- Perform the motion 'unloaded' (i.e., without the ViPR) prior to 'loaded', so that the quality of motion can be assessed
- It is important to pre-determine the range of motion and remain consistent throughout the exercise

EXERCISE MOVEMENT

- Perform a posterior lunge to a controlled range of motion
- At the deepest part of the lunge, perform a subtle posterior shoulder lean. Ensure that the motion is through the anterior hips and not the lumbar spine
- Return to standing

REGRESSIONS

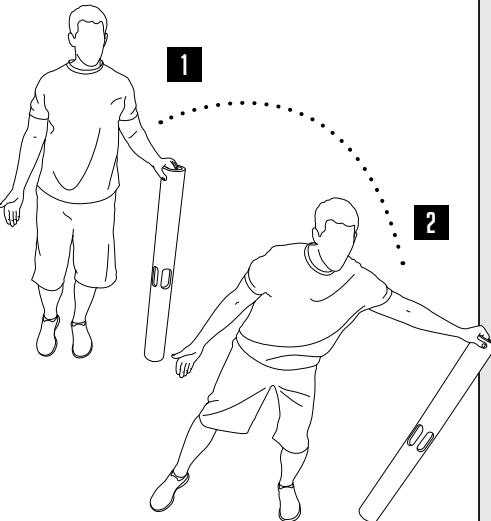
- Reduce the range of motion in both the Handprint and Footprint.
- Avoid the posterior lean in the shoulders
- Use a lighter ViPR

PROGRESSIONS

- Add jump lunges
- Use a heavier ViPR

EXERCISE - 2

TILT (LATERAL), STANDING HIP FLEXION, ONE FOOT



EXERCISE PREPARATION

- Assume a one-handed Tilt Hold
- The heel, little toe and big toe should have good ground contact at all times during this exercise

EXERCISE MOVEMENT

- Begin in a standing position with one foot off the ground and parallel to the other
- With a tall spine (to maintain 'space' in the spinal segments), reach lateral (as shown) the elevated foot as you tilt ViPR lateral in the opposite direction
- Maintain tall body lines throughout the movement and return to standing

REGRESSIONS

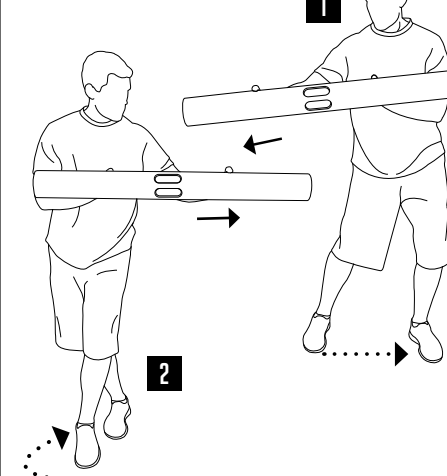
- Use much less range of motion with the Footprint and Handprint
- Use a lighter weight
- Perform without tilt

PROGRESSIONS

- Use more range of motion
- Use a heavier weight

EXERCISE - 4

SHIFT (FRONTAL), STEP (LATERAL), PIVOT STEP



EXERCISE PREPARATION

- Assume a two-handed Neutral Hold
- Pre-determine the range of motion and remain consistent throughout the exercise

EXERCISE MOVEMENT

- Begin by taking a comfortable step laterally along the Frontal plane
- As you step sideways, push ViPR in the opposite Lateral angulation
- Perform Pivot Step and plant – ensure that both big toes are firmly planted on the ground
- As you Pivot Step, reach with the hands in the opposite direction

REGRESSIONS

- Reduce the range of motion in both the Handprint and Footprint
- Lighter ViPR

PROGRESSIONS

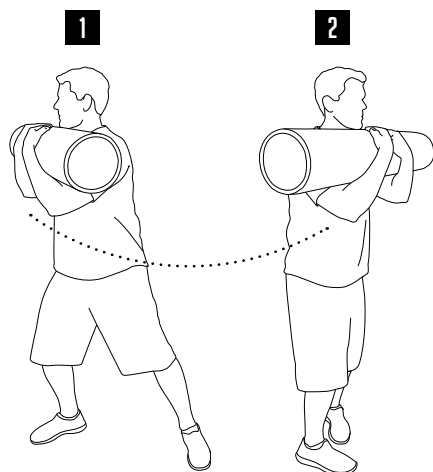
- Increase the speed
- Heavier ViPR

Whole-body movement must be initiated from the hips, and this four-exercise program can help mobilize the hips in all three planes of motion. It can be implemented pre- or post-workout, or it can form the focus of the workout.

Perform exercise one for one minute. Then, perform exercise two for one minute. Allow time to recover if necessary, and repeat exercises one and two for one minute each, again. After the second rest period, perform exercises three and four for one minute each. Rest, and perform another minute each of exercises three and four.

EXERCISE - 1

CARRY (FRONT), TRANSVERSE PIVOT SQUAT, TRANSVERSE PIVOT STEP



EXERCISE PREPARATION

- Begin with Front Carry Hold
- Perform the motion 'unloaded' (i.e., without ViPR) prior to 'loaded', so quality of motion can be assessed. Movement should come mostly from the ankle and hips NOT the lumbar segments
- Pre-determine the range of motion and remain consistent

EXERCISE MOVEMENT

- Begin by standing tall with ViPR high on the shoulders
- Perform an out-turn step with the leading foot into a squat pattern. Ensure there is even weight distribution on both feet
- In one motion, stand up and perform an in-turn step with the lead foot
- Out-turn step again, into a squat, and rhythmically repeat the pattern for the desired number of cycles

REGRESSIONS

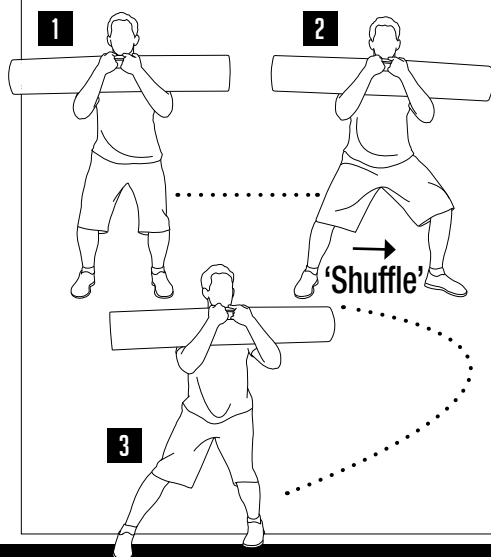
- Reduce the range of motion in the Footprint (i.e., less out-turn and in-turn)
- Use a lighter ViPR

PROGRESSIONS

- Use a heavier ViPR
- Increase the range of motion

EXERCISE - 2

CARRY (FRONT), LATERAL SHUFFLE, ALTERNATING LEAD LEG TOE-IN/TOE-OUT



EXERCISE PREPARATION

- Begin with Front Carry Hold
- Perform the motion 'unloaded' (i.e., without the ViPR) prior to 'loaded' so quality of motion can be assessed. Movement should come mostly from the ankle, hips and T-Spine NOT the lumbar segments
- Pre-determine the range of motion and remain consistent

EXERCISE MOVEMENT

- Begin in an athletic stance (i.e., slight triple flexion) with the ViPR high on the shoulders
- Perform a lateral shuffle
- While shuffling, perform toe-in and toe-out alternating patterns with the lead leg
- Ensure that the hip is guiding the foot motion by internally and externally rotating

REGRESSIONS

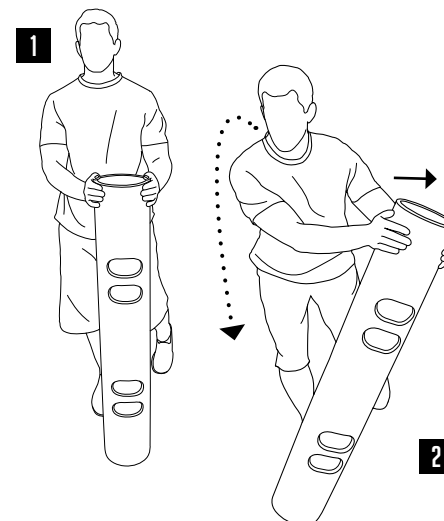
- Reduce the range of motion in the Footprint
- Use a lighter ViPR

PROGRESSIONS

- Use a heavier ViPR
- Increase the range of motion

EXERCISE - 3

TILT (FRONTAL), HIP ABDUCTION EXCURSION, 1.5 LEG STANCE



EXERCISE PREPARATION

- Assume a two-handed Tilt Hold
- Perform the motion 'unloaded' (i.e., without ViPR) prior to 'loaded' so that the quality of motion can be assessed
- Pre-determine the range of motion and remain consistent throughout the exercise

EXERCISE MOVEMENT

- In a 1.5 Leg Stance, orientate ViPR in front of the forward foot
- This motion will occur through the hip joint and NOT the lower back
- While tilting ViPR medially, push the hips in the opposite direction into Abduction
- Maintain a tall spine throughout the movement

REGRESSIONS

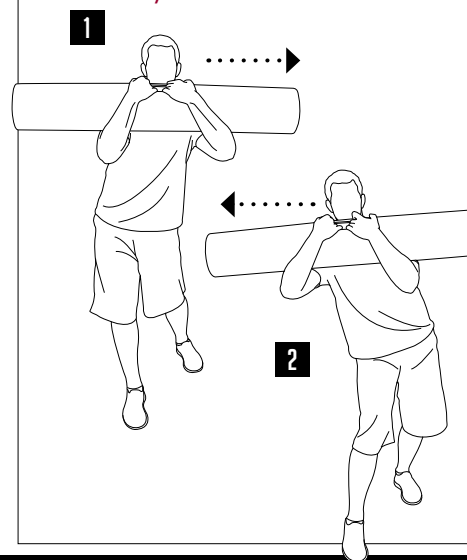
- Reduce the range of motion in the Footprint and Handprint
- Lighter ViPR

PROGRESSIONS

- Heavier ViPR
- More range of motion

EXERCISE - 4

CARRY (FRONT), STANDING HIP AB/ADDUCTION, STAGGERED STANCE



EXERCISE PREPARATION

- Assume a Front Carry Hold
- Perform the motion 'unloaded' (i.e., without ViPR) prior to 'loaded' so that the quality of motion can be assessed
- Pre-determine the range of motion and remain consistent throughout the exercise

EXERCISE MOVEMENT

- Begin in a Staggered Stance
- Perform Hip Abduction as you lean the shoulders laterally in the opposite direction
- Maintain a tall spine throughout the movement and ensure proper rhythm and timing of the exercise

REGRESSIONS

- Reduce the range of motion in both the Handprint and Footprint
- Lighter ViPR

PROGRESSIONS

- Increase the speed
- Heavier ViPR