Exercise Instruction
• Warm up for 3-5 minutes before each exercise session.
• Complete 1–3 sets of 8–12 repetitions of each exercise selected.
• Rest approximately 30-60 seconds between each exercise.
• Perform every exercise through a full range of motion.
• If unable to complete 8 exercise repetitions through a full range of motion, decrease weight load or increase rest time between exercise sets.
• If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, increase weight load or decrease rest time between exercise sets.
• Perform each exercise a minimum of 3 times per week for maximum results.
• Allow 24–48 hours of complete rest between each exercise session.

ASSEMBLY & POSITIONING

OLYMPIC PLATE ADAPTER ASSEMBLY

DORSI FLEXION

Start: Sit upright on flat elevated surface with heels off edge and legs straight, allowing toes to point down and forward.

Finish: Slowly pull toes up and back, hold and then slowly return to start position.

EVERSION (WITH TOES FLEXED)

Start: Sit upright on flat elevated surface with heels off edge and legs straight, pull toes up and back, and hold.

Finish: While holding start position slowly turn ankle outward in the direction of movement while opposite ankle turns inward. Return to start position and slowly turn ankles in the opposite direction. Return to start position and repeat.

EVERSION (WITH TOES POINTED)

Start: Sit upright on flat elevated surface with heels off edge and legs straight, point toes down and forward, and hold.

Finish: While holding start position slowly turn ankle outward in the direction of movement while opposite ankle turns inward. Return to start position and slowly turn ankles in the opposite direction. Return to start position and repeat.