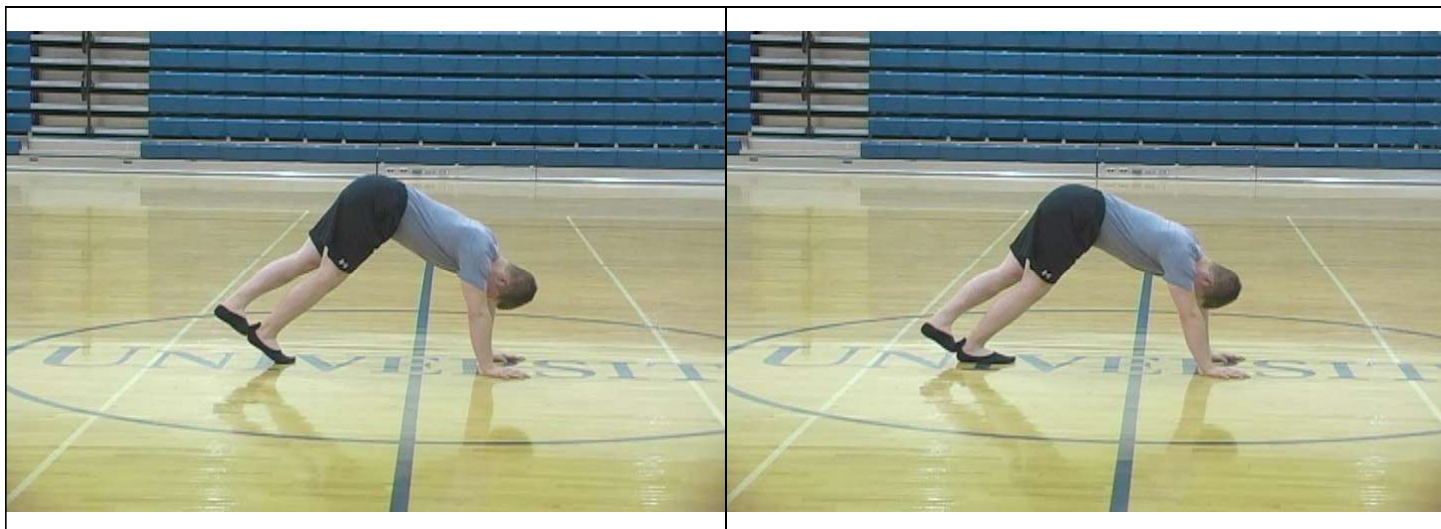


12.1 – ROCKING ANKLE MOBS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve length of the gastrocnemius and/or soleus.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Start in a pike position with the hips higher than the rest of the body. ▪ Place the left foot behind the right ankle.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ With the right leg straight, press the heel of the right foot down until you get a mild stretch. Hold for a one-two count, and then return to the starting position. ▪ If you want to put more emphasis on the soleus versus the gastrocnemius, try bending the stretch leg versus keeping it straight.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ As mobility and soft-tissue extensibility improves, work your hands further apart to increase the stretch.