

## How to use this calendar

I recommend starting with 3 days a week and building from there.

So yes, that means 1 - 2 exercises, 3 days a week - that's it!

If you find a specific therapy ball movement to be the most helpful, feel free to keep it on your plan. The goal is to build consistency - so start with a pace you can stick with.

If you ever feel like you need a day off - take it! The program is not more effective if you are exhausted while doing it.

If you need therapy balls - you can grab yourself a new pair now at [www.aewellness.com/therapyballs/](http://www.aewellness.com/therapyballs/)

And have fun!

*Alex*

Disclaimer: We have made every effort to ensure that all information in this workbook has been tested for accuracy, however, we make no guarantees regarding the results that you will see from using the information provided. The information in this workbook is not meant to diagnose, treat, or cure any disease or illness. This does not and should not substitute for medical care and treatment from a physician.



## WEEK 1

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Goal: Reduce foot tension and improve arch stability

### Mobilizations

Foot Fix

### Activations

Isometric Arch Flex

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## WEEK 2

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Goal: Reduce foot tension and improve arch stability

### Mobilizations

Foot Fix

### Activations

Isometric Arch Flex  
Calf Raises

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## WEEK 3

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Goal: Reduce foot tension and improve foot strength

### Mobilizations

Foot Fix  
Big Toe Stretch

### Activations

Calf Raises

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## WEEK 4

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Goal: Reduce foot tension and improve foot strength

### Mobilizations

Foot Fix  
Big Toe Stretch

### Activations

Calf Raises  
Heel Raises

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## WEEK 5

*Goal: Reduce foot tension and improve foot strength*

### Mobilizations

Foot Fix  
Shin Roll Out

### Activations

Calf Raises  
Heel Raises

## WEEK 6

*Goal: Reduce foot tension and improve foot strength*

### Mobilizations

Foot Fix  
Shin Roll Out

### Activations

Calf Raises  
Heel Raises

## TRACKER

	M	T	W	Th	F	S	Su
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							

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# STRENGTHEN

## WEEK 1

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Goal: Build foot and lower leg strength while moving

### Mobilizations

Foot Fix

### Activations

Banded Ankle Turn Outs

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## WEEK 2

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Goal: Build foot and lower leg strength while moving

### Mobilizations

Foot Fix  
Calf Stack

### Activations

Banded Ankle Turn Outs

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## WEEK 3

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Goal: Build foot and lower leg strength while moving

### Mobilizations

Calf Stack

### Activations

Banded Ankle Turn Outs  
Shin Raises

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## WEEK 4

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Goal: Build foot and lower leg strength while moving

### Mobilizations

Calf Stack  
Inner and Outer Thigh Roll Out

### Activations

Banded Ankle Turn Outs  
Shin Raises

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## WEEK 5

Goal: Build foot and lower leg strength while moving

### Mobilizations

- Calf Stack
- Inner and Outer Thigh Roll Out

### Activations

- Shin Raises
- Big Toe and Arch Strength

## WEEK 6

Goal: Build foot and lower leg strength while moving

### Mobilizations

- Calf Stack
- Inner and Outer Thigh Roll Out

### Activations

- Shin Raises
- Big Toe and Arch Strength

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WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							



## WEEK 5

Goal: Improve overall foot and lower leg strength and mobility

### Mobilizations

Foot Fix  
Glute Med

### Activations

Clock Lunges  
Inner Thigh Rockers

## WEEK 6

Goal: Improve overall foot and lower leg strength and mobility

### Mobilizations

Foot Fix  
Glute Med

### Activations

Clock Lunges  
Inner Thigh Rockers

## TRACKER

	M	T	W	Th	F	S	Su
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							

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## WEEK 1

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Goal: Integrated full body strength

### Mobilizations

Quad Roll Out

### Activations

Bridge Lifts

## WEEK 2

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Goal: Integrated full body strength

### Mobilizations

Quad Roll Out  
Upper Back Roll Out

### Activations

Bridge Lifts

## WEEK 3

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Goal: Integrated full body strength

### Mobilizations

Quad Roll Out  
Upper Back Roll Out

### Activations

Bridge Lifts  
Wall Cat Cow

## WEEK 4

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Goal: Integrated full body strength

### Mobilizations

Upper Back Roll Out  
Shoulder and Chest Massage

### Activations

Bridge Lifts  
Wall Cat Cow

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## WEEK 5

Goal: Integrated full body strength

### Mobilizations

Upper Back Roll Out  
Shoulder and Chest Massage

### Activations

Bridge Lifts  
Scap Push Ups

## WEEK 6

Goal: Integrated full body strength

### Mobilizations

Upper Back Roll Out  
Shoulder and Chest Massage

### Activations

Bridge Lifts  
Scap Push Ups

## TRACKER

	M	T	W	Th	F	S	Su
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WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							

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