



# Ankle and Releve Workout

This is a great workout for athletes who need to strengthen their ankles and calves. Great for injury prevention, toe point and general strength for landings and endurance work. Any level athlete can do this.

Time: 20 Minutes

### **Items Needed:**

Small Mats or elevated block

Wall

Small Weighted Ball

Bosu Ball

Name	Reps/Minute
Low Squat Calf Raise	30
Lunge Rocks	30 each side
Heel Rocks	30
Single Leg Calf Raise	20 each side slow and controlled
Negative Calf Raise	10 each side
Single Foot Calf Raise Ball	20
Feet Ankle Calf Lift Over Small Ball	20
Single Leg Plank Rock Bosu	20
Single Leg Bosu Foot "Roll"	15
Ankles And Shins Wall Lifts	20
Squat Walks on Releve	4 passes across floor