

## **AFX SKATEBOARDING PROGRAM**

Skateboarding requires exceptional balance and agility, as well as excellent mobility of the ankle joint, in a multitude of directions. To maximize performance, and minimize the risk of injury to the ankle, foot and ankle strengthening and stretching are a must.

### **PRECAUTIONS**

If you have an existing injury of the foot or ankle, you should consult with a qualified healthcare practitioner before beginning this program.

If any sudden pain or discomfort is experienced during the program, stop immediately and consult a qualified healthcare practitioner.

Ensure at least 48 hours recovery between exercise sessions and gradually increase the number of sets and repetitions.

### **GUIDELINES**

1. Please refer to the AFX Instruction Poster for more information regarding device set-up and directions for use.
2. Perform the strengthening exercises in the order shown below.
3. Always try to do at least 8 repetitions for each strengthening exercise. Once you can do 12 repetitions, increase the resistance so that you can perform at least 8 repetitions again. Work your way back up to 12 reps and repeat this cycle.
4. When you can perform 2 or 3 sets of 12 repetitions for all strengthening exercises, increase to the next resistance level.
5. In addition to the training with the AFX, complementary balance exercise devices such as the Wobble board, or barefoot agility exercises, can also be used.

### **TRAINING PROGRAM - 3 sessions per week**

#### **Week 1: Intro**

1 set of 8 to 12 reps of each exercise

#### **Week 2: Ramp-up**

2 sets of 8 to 12 reps of each exercise

#### **Weeks 3 to 7: Strength Phase**

» 2 to 3 sets of 8 to 12 reps of each exercise. Only progress to 3 sets of each strengthening exercise if your feet and lower legs do not feel overly fatigued during activity the day following exercise.

» Include eccentric loading for all strengthening exercises shown below (refer to the Eccentric Loading program for a complete description of the exercises).

#### **Weeks 8 to 12: Power Phase**

» 2 sets of 8 to 12 reps of each strengthening exercise. When you can perform 2 sets of 12 reps for all exercises, increase to a higher resistance level.

» Perform high-speed movements for all exercises. The eccentric contractions should be performed slowly with added resistance.

*After completing the training program, it is recommended that you follow the program below to maintain the improved performance that you have acquired. For further improvements in performance, continue to follow the program as listed for Weeks 8 to 12.*

### **MAINTENANCE PROGRAM**

2 sessions per week with minimum of one day recovery between workouts

2 sets of 8 to 12 reps for each exercise

» 1 set with slow concentrics and eccentric loading

» 1 set with fast concentrics and eccentric loading

**EXERCISES**

Perform in the order shown. Prior to performing exercises you should complete a 5 minute warm-up including walking in place, heel raises, foot rolls, etc..

Stretch Evertors



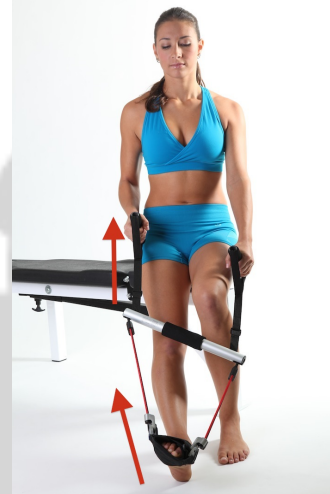
- » Ensure toes are flexed
- » Hold for 15 to 30 seconds

Eversion (foot rotates outward)



- » Ensure toes are flexed

Stretch Invertors



- » Ensure toes are flexed
- » Hold for 15 to 30 seconds

Inversion (foot rotates inward)



- » Ensure toes are flexed

Stretch Plantar Flexors & Toe Flexors



- » Hold for 15 to 30 seconds

Plantar Flexion & Toe Flexion



- » Focus on arching the foot and flexing the toes

Stretch Dorsi Flexors



- » Hold for 15 to 30 seconds

Dorsiflexion & Toe Extension



- » Focus on engaging the toes