



Ankle Foot maXimizer

TRAINING PROGRAM – AGILITY

Agility is the ability to move and change direction and position of the body quickly and effectively while under control. To improve agility, you need to be able to decelerate rapidly, maintain balance, and push off forcefully and rapidly in any direction. AFX enables you to increase foot and ankle strength and stability, allowing you to decelerate faster, change direction more effectively, and explode in a new direction.

PRECAUTIONS

- If you have an existing injury of the foot or ankle, you must 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.

TRAINING PROGRAM: 3 sessions per week

Week 1: Intro

1 set of 8 to 12 reps of each strengthening exercise.

Week 2: Adaptation

2 sets of 8 to 12 reps of each strengthening exercise.

Weeks 3 to 7: Strength Phase

2 to 3 sets of 8 to 12 reps of each strengthening 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 video or 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.

For further improvements in performance, continue to follow the program as listed for Weeks 8 to 12.

MAINTENANCE PROGRAM: After completing the above training program, it is recommended that you follow the program below for a minimum of 2 sessions a week to maintain the improved performance that you have acquired.

- 2 sets of 8 to 12 reps for each exercise including
 - 1 set of slow concentrics and eccentric loading
 - 1 set of fast concentrics and eccentric loading

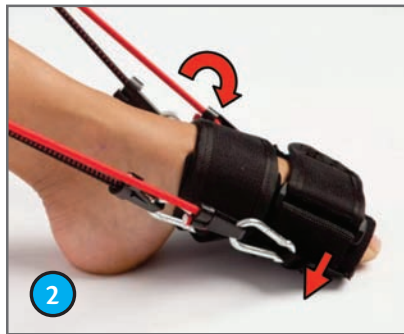
GUIDELINES

1. Please refer to the AFX Instruction Manual or Poster for more information regarding device set-up and directions for use.
2. Perform exercises in the order shown.
3. Always attempt at least 8 repetitions for each strengthening exercise. Once you can do 12 repetitions, increase the resistance the next training session so that you can perform at least 8 repetitions again. Work your way back up to 12 reps and repeat this cycle. Note: for more details on increasing resistance, refer to the Instructional DVD or the AFX poster.
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 training with the AFX, complementary weight-bearing exercises such as barefoot training on sand in various formations such as a T-pattern that involve backward, forward, and side-to-side movements can also be performed.

EXERCISES



Stretch Plantar Flexors and Toe Flexors



Plantar Flexion and Toe Flexion



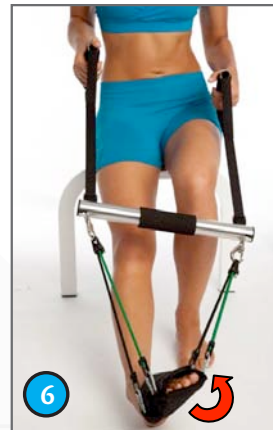
Stretch Evertors



Eversion



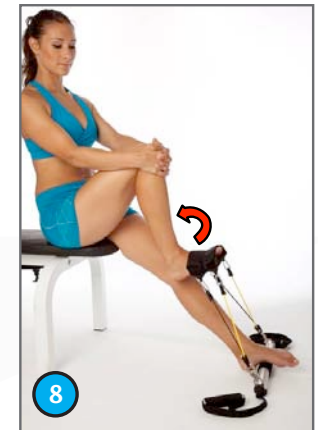
Stretch Invertors



Inversion



Stretch Dorsiflexors



Dorsiflexion and Toe Extension

Ensure that toes are flexed when stretching evertors and invertors

For more information visit: www.AFX-online.com