



Ankle Foot maXimizer

TRAINING PROGRAM – VERTICAL JUMP AND EXPLOSIVENESS

Feet are the foundation of human movement and, as the last critical link in the kinetic chain, having strong feet and ankles is especially important to people seeking a greater vertical and explosive power. If you have weak feet and ankles, force is not being transferred efficiently to the ground and you aren't maximizing your results. By increasing the strength of the intrinsic muscles of the foot, and the stability of the ankle joint, the forces produced by the larger muscles of your legs can be more efficiently transferred, resulting in improved jumping ability and explosiveness.

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).

Weeks 8 to 12: Power Phase

2 sets of 8 to 12 reps of each strengthening exercise including eccentric loading. When you can perform 2 sets of 12 reps for all exercises, increase the resistance level.

Perform high-speed movements for plantarflexion and toe flexion. 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 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.

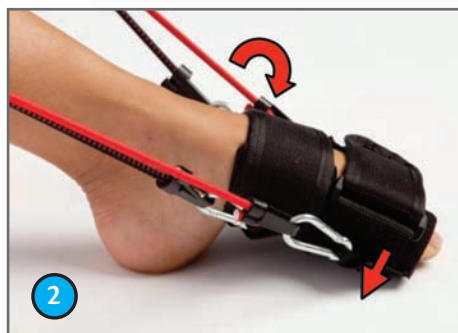
- 2 sets of 8 to 12 reps for each exercise including:
 - For plantar flexion and toe flexion
 - 1 set with slow concentrics and eccentric loading
 - 1 set with fast concentrics and eccentric loading
 - For all other exercises:
 - 2 sets with slow concentrics and eccentric loading

GUIDELINES

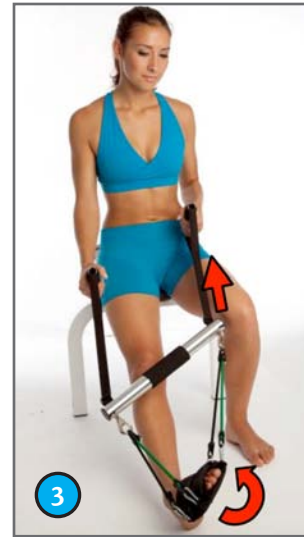
1. Please refer to the AFX Instruction Manual or Poster for more information regarding device set-up and directions for use.
2. Perform the strengthening exercises in the order shown.
3. Always attempt at least 8 repetitions for each strengthening exercise. Once you can do 12 repetitions, increase the resistance during 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 squat jumps and plyometrics can also be performed.



Stretch Plantar Flexors and Toe Flexors



Plantar Flexion and Toe Flexion



Stretch Evertors

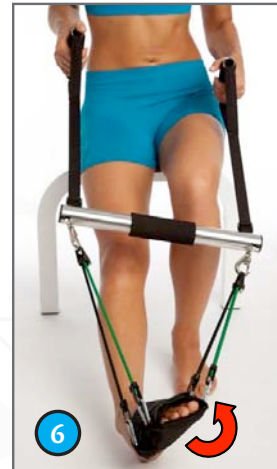


Eversion



Stretch Invertors

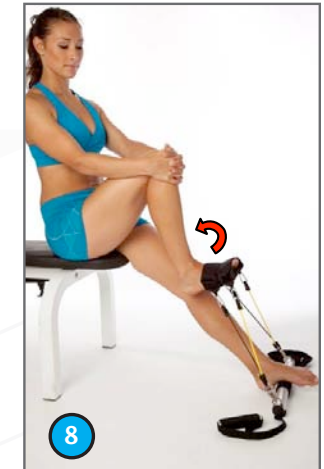
Ensure that toes are flexed when stretching evertors and invertors



Inversion



Stretch Dorsi Flexors



Dorsiflexion and
Toe Extension

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