

Name: \_\_\_\_\_

Week: \_\_\_\_\_

**AFX EXERCISE CARD**



Ankle Foot maXimizer

[www.afx-online.com](http://www.afx-online.com)

EXERCISE	DAY 1: _____						DAY 2: _____						DAY 3: _____											
	RL	Reps (R)			Reps (L)			RL	Reps (R)			Reps (L)			RL	Reps (R)			Reps (L)					
Plantar Flexion																								
Toe Flexion																								
Eversion																								
Inversion																								
Dorsi Flexion																								
Toe Extension																								
Alphabet																								
Other _____																								
Other _____																								
Other _____																								
Other _____																								
Comments:																								

RL = Resistance Level    R = Right Foot    L = Left Foot

Name: \_\_\_\_\_

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Week: \_\_\_\_\_

EXERCISE	DAY 4: _____						DAY 5: _____						DAY 6: _____								
	RL	Reps (R)			Reps (L)			RL	Reps (R)			Reps (L)			RL	Reps (R)			Reps (L)		
Plantar Flexion																					
Toe Flexion																					
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