

SAR – Strong ankles and knees

- Perform the SAR – Strong ankles and knees 1-3 times a week
- Before the compass reaches, warm-up including calf and quad flexibility exercises.
- Start with 6 reps each exercise/direction and add 2 repetitions/exercise each session.
- For progression, use a day pack for resistance (10-15lbs).
- If you experience any knee pain, start with arm reaches (1) and posterior foot reaches (2A) only.
- Repeat the sequence until 10 total sessions are completed.
- Video demonstration: <https://vimeo.com/581606063>

1. 1-leg multi-directional arm-reaches



2. 1-leg multi-directional foot reaches: posterior, lateral, anterior



3. Add challenge with a) elevation and b) pivot-combinations (see the video) c) backpack for resistance[

