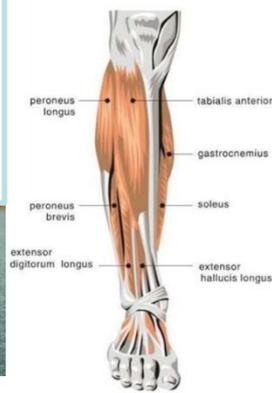


Stretches and Toning Exercises Using the Foot Rocker

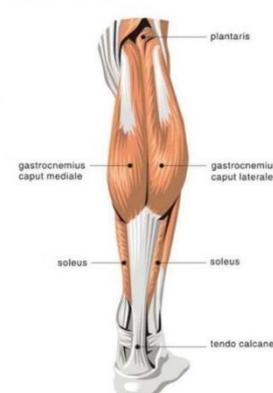
Use your foot rocker at your desk if it is too high for you. For employees 5'4" or shorter, use the side that sits higher from the ground. For those who are taller, flip it over so it sits low to the ground. When exercising, use the side that sits higher from the ground.



Anterior Calf

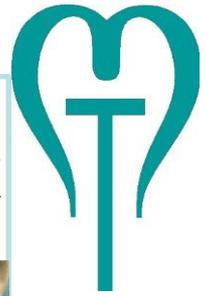


Posterior Calf



Toning Exercises

Press your heels down on the foot rocker with your toes pointed up. Hold for 10 sec., then push your toes down for a moment. Press your heels back down and hold for 10 sec. Repeat 10 times. Repeat exercise in reverse by pushing down with your toes and hold for 10 sec. Repeat 10 times.



Calf and Ankle Stretches

To stretch out your calf and shin, lower your heels on the foot rocker while keeping your toes relaxed. Hold for 30 sec. Bring your knees over your toes if you don't feel the stretch. Then, push your toes down to stretch your shin. Hold for 30 sec.



Inversion: With your feet on the floor, push both of your feet in to the outer sides of the foot rocker wheels. Focus on your feet and ankles here. Hold for 10 sec. Repeat exercise 10 times.



Eversion: Push your left foot into the side of the foot rocker wheel. Then, push your right foot into the other side. Push both feet together. Focus on your feet and ankles. Hold for 10 sec. Repeat 10 times.



Runner's stretch: Stretch out your soleus by resting 1 foot on the foot rocker while placing the other foot on the floor with the heel down. Hold for 30 sec. Reverse your feet and hold for 30 sec.



To stretch your ankles, bring the soles of your feet together and try to bring your knees together. Hold for 30 sec.



Hip ab/adduction: Rotate your feet and knees out, pull your toes up and place your hands on the outsides of your knees. Press out with your knees and feet while resisting with your hands. Hold for 10 sec. and repeat 10 times. Now with your toes and knees together, press in with your knees and ankles and resist with your hands between your knees. Hold for 10 sec. and repeat 10 times.

