








Costa Performance Ankle Strength

Exercise	Reference	Reps
1. SL Balance		2x30s Each
2. Band Inversion	<p data-bbox="509 659 764 680">Ankle Inversion with Band</p> <p data-bbox="493 684 618 705">Start Position</p> <p data-bbox="683 684 808 705">End Position</p> 	2x10 Each
3. Band Eversion	<p data-bbox="526 856 748 877">Ankle Eversion with Band</p> <p data-bbox="509 882 634 903">Start Position</p> <p data-bbox="683 882 808 903">End Position</p> 	2x10 Each
4. Band Dorsiflexion		2x10 Each
5. Band Plantar Flexion		2x10 Each
6. Ankle Alphabet		1xA-Z Each