




RESTORE: The Legs Program – Weeks 1 and 2

Week 1	Day 1	2	3	4	5	6	7
	 <p>Preparation and Learning: Read, watch some videos, study. Go to...A Quick Review: Your Base of Support, and make sure these elements are in place. Do you need more work in this area? If so, do that as part of your WEEK 1 training! ----- Don't forget to order any equipment if needed. Don't wait!</p>	 <p>Go to...STEP 1: The Feet. Your goal today is to begin practicing Short Foot exercise, and also: The Feet and Toes-Mobility and Soft Tissue Care. Big toe mobility, foot rolling, toe independence, etc. Learn and practice today!</p>	 <p>Go back to...STEP 1: The Feet. Your goal today is to go to Barefoot Training: Balance and Small Nerve Proprioception. Begin with single leg balance practice. Then watch and begin learning the first two dynamic proprioception drills. Remember that they both begin with Short Foot!</p>	 <p>Repeat DAY 2. Go back to Short Foot and continue learning about and caring for your feet and toes.</p>  <p>You also have the option of revisiting some of the Base of Support training, if that is an area of need or opportunity for you.</p>	 <p>Repeat DAY 3. Your focus is again, small nerve proprioception and balance training. Practice, practice, practice!</p>  <p>In the evening, do some Foot and Toe Mobility work and also any soft tissue work you may need. Refer to the area: The Calves-Soft Tissue Care, for help in this area. Do that for every evening this week!</p>	 <p>Go to...STEP 2: The Calves. *Start with Mobility - Pails and Rails. Learn how to stretch this area and also assess your present level of flexibility. Are you where you need to be?</p>  <p>If time allows, do some Short Foot and Dynamic Balance Drills training.</p>	 <p>Spend today reviewing everything you have learned about the program AND about yourself to this point.</p>  <p>Practice, practice, practice. Remember, this is PREPARATION for what's to come.</p>
Week 2	Day 8	9	10	11	12	13	14
	 <p>REST and take whatever time is available to you to continue to watch instructional videos and prepare to continue to learn and practice new skills!</p>  <p>In the evening, do some Foot and Toe Mobility work and also any soft tissue work you may need. Refer to the area: The Calves-Soft Tissue Care, for help in this area. Do that for every evening this week!</p>	 <p>Start with: 1. Short Foot. 2. Barefoot 1-Leg Balance and then some Dynamic Proprioception Drills. Then return to STEP 2: The Calves - Mobility - Pails and Rails. Go through this in its entirety.</p>  <p>Remember to take care of your feet during the evening hours. Watch videos, follow along, and begin to explore!</p>	 <p>Go to STEP 3: The Hamstrings. Let's get into some Hamstring: Injury Prehab Training. Review these three movements - Knee Extenders, The Slide, and End-Range Holds. Begin to learn and practice each of these. Use caution, train smart!</p>  <p>If time allows, do some Short Foot and Dynamic Balance Drills training.</p>	 <p>Go back to STEP 3: The Hamstrings. Today let's go to the Hamstring: PAILS and RAILS and Soft Tissue Care. Watch, learn, practice. How does this feel?</p>  <p>As time allows, do some foot and toe mobility and of course, some Short Foot and Balance/Proprioception training.</p>	 <p>Go to STEP 4: The Quadriceps. Today let's review the Basic Bodyweight RFESS. Watch, learn, practice, and master! How does this feel?</p>  <p>As time allows, go back to STEP 3: The Hamstrings Injury Prehab Exercises, and as always, some Short Foot and Balance/Proprioception training.</p>	 <p>Today let's go back to...STEP 2: The Calves. And move on to the Training area. Let's do a set of straight leg calf raises for both sides. Bodyweight only. See how this feels. This is prep. Review the bent knee version also. (Do you have your strap?)</p>  <p>*If time allows, go to Mobility - Pails and Rails. Go through a full set. If time allows, do some Short Foot and Dynamic Balance Drills training.</p>	 <p>Training Goal #1: Go to STEP 3: The Hamstrings - Training. Let's learn and practice the Posterior Plank today. Then go back to the Single-Leg Deadlift. Once you're done, do one set each of Hamstring: Injury Prehab Training (Knee Extenders and The Slide).</p>