

**The Be Simply Fit™
Strength Plan For Your Ankles (4 weeks)
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Be Simply Fit, LLC

Weekly schedule

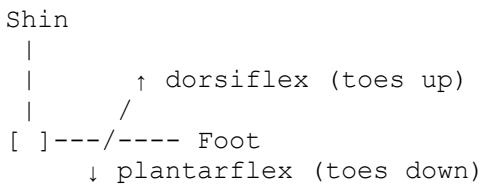
- **3 days/week** (ex: Mon/Wed/Fri)
- 15–20 minutes per session
- Do this **barefoot or in flat shoes** (avoid squishy sneakers while training control)

Warm-Up (2–3 minutes)

1) Ankle Pumps + Circles

2 x 20 pumps + 10 circles each direction

Side view:



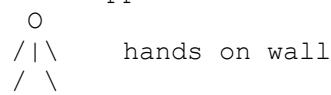
Cue: Slow and smooth—no snapping.

Strength Block (Pick all 6 exercises)

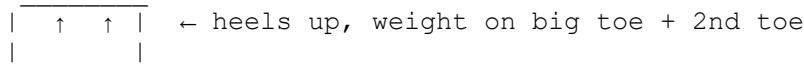
1) Isometric Calf Raise Hold (Top Position)

2–3 sets x 20–40 sec

Wall support:



Heels lift:



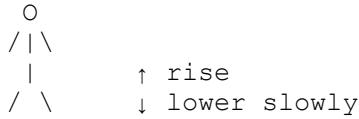
Cue: “Press the floor away. Don’t roll to the pinky toes.”

Progress: hold longer → do it on one leg.

2) Slow Calf Raises (Straight Knee = Gastroc focus)

3 sets x 8–12 reps (3 seconds up, 3 seconds down)

Straight knee:



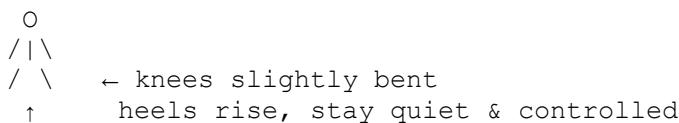
Form: Knees straight (not locked), ribcage stacked over hips.

Progress: add backpack/dumbbell.

3) Bent-Knee Calf Raises (Soleus = talocrural “control muscle”)

3 sets x 10–15 reps

Bent knee:



Why it matters: The **soleus** is huge for ankle stability during walking, stairs, and “catching yourself” to prevent falls.

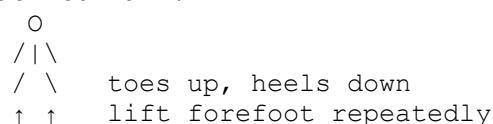
Progress: single-leg or add load.

4) Tibialis Anterior Raises (Toes Up / “Shin Strength”)

2–3 sets x 12–20 reps

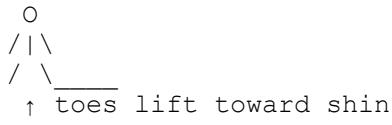
Option A: Wall-supported heel walk

Back to wall:



Option B: Seated toe raises

Seated:



Cue: Keep heels planted; lift toes high without twisting.

5) Banded Dorsiflexion (Pull toes toward shin)

2–3 sets x 10–15 reps/side

Band anchored in front:

[ANCHOR] ====(band) ====[FOOT]

Pull toes toward shin:

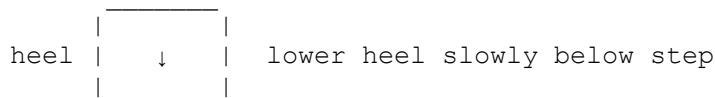
↑↑↑
[FOOT]

Cue: Move only at the ankle hinge; knee stays still.

6) Eccentric Heel Drops (Step) — the “bulletproof” move

2–3 sets x 6–10 reps/side (3–5 sec lowering)

On a step (edge) :



How: Rise up with both feet → shift to one foot → lower slowly on one foot.

Cue: Keep heel tracking straight down—no ankle wobble.

Progress: add load, slower lowering, more reps.

Optional Finisher (Highly recommended): “Knee-to-Wall” Loaded Hinge

This builds **usable dorsiflexion strength** (shin over foot) without cheating.

2 sets x 8 reps/side (slow)

```
Wall
| <- knee taps wall
|   O
|  / \
| / \
| [foot flat]
```

Arrow: knee goes forward over 2nd/3rd toe → (no heel lift)

Cue: Heel stays down. Knee tracks over toes, not collapsing inward.

Progression rules (simple)

- If a set feels **easy** and form is clean: add **2 reps** next time or add **a little load**.
- If you feel **pinchy pain in the front of the ankle**, shorten range slightly and emphasize slow control.
- If Achilles gets cranky: do more **isometrics** and **bent-knee raises**, fewer step drops for a week.

Quick “Client-Friendly” checklist (use this every session)

- Tripod foot: **big toe / little toe / heel**
- Knee tracks over **2nd–3rd toe**
- Slow tempo (control > speed)
- No wobble at the ankle “hinge”
- Mild muscle burn is fine; sharp joint pain is not

Want it even more “illustrated”?

Tell me what format you want and I’ll output it that way:

- **1-page printable handout** (client-ready)
- **3-page mini-ebook** with bigger diagrams

- **Senior-friendly version** (55+) with easier regressions and balance support options

And if you tell me whether this is for **rehab post-sprain, general stability, or performance**, I'll tune the sets/reps and exercise choices accordingly.

yes more illustration

Absolutely — here's a **more illustrated, client-friendly talocrural (ankle hinge) strengthening program** with bigger visuals and clear “what you should see” cues.

Talocrural Joint Strength Program (Illustrated)

3 days/week • 15–20 minutes • 4 weeks

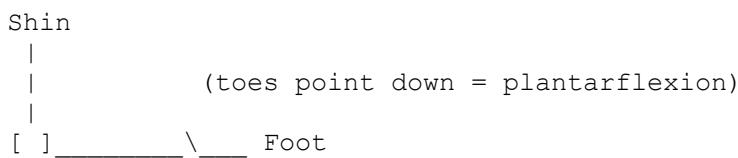
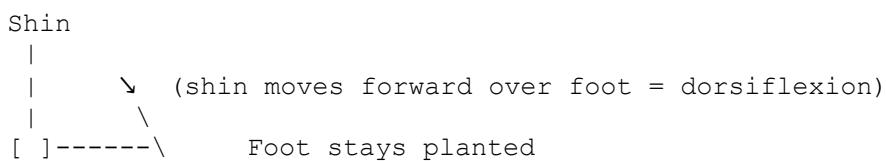
What you need

- Resistance band
- Wall/chair
- Step (or thick book)
- Optional: backpack/dumbbell

The ankle we're training (talocrural “hinge”)

Your shin bone moves over the foot (dorsiflexion) and away from it (plantarflexion).

SIDE VIEW (hinge motion)



Goal: stronger hinge + better control = more stable walking, stairs, balance.

Warm-Up (2–3 minutes)

A) Ankle Pumps (toes up / down)

2 x 20

TOES UP (dorsiflex)



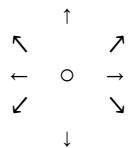
TOES DOWN (plantarflex)



B) Ankle Circles

10 each direction

Imagine drawing a circle with your toes:

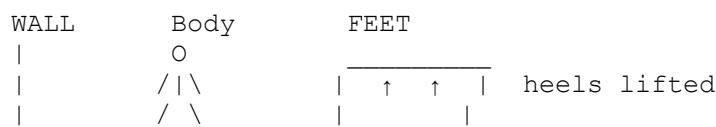


Strength Block (Do all 6)

1) Calf Raise Isometric Hold (Top Position)

2–3 sets • 20–40 seconds

What it looks like:



Coaching cues:

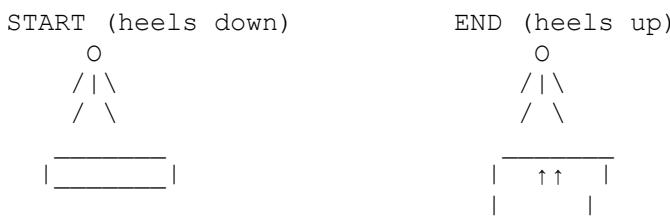
- “Tall posture”
- “Press through big toe + 2nd toe”
- Don’t roll outward onto pinky toes

Progress: do it one-leg.

2) Slow Calf Raises (Straight Knee)

3 sets • 8–12 reps

Tempo: 3 sec up / 3 sec down

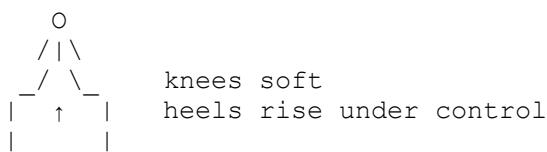


You should see: heels go straight up and down (no wobble).

3) Bent-Knee Calf Raises (Soleus Focus)

3 sets • 10–15 reps

Slight knee bend = more soleus



Why it matters: soleus helps you **stay steady** during walking and balance reactions.

4) Tibialis Anterior Raises (Shin Strength)

Pick one:

Option A: Wall Toe Raises (heels stay down)

2–3 sets • 12–20

Back to wall
| O
| / \\
| / \\
| ↑ ↑ toes lift, heels stay planted
| _ _ |
 heels down

Option B: Seated Toe Raises

2–3 sets • 15–25

Seated
O
/ \\
/ \\
↑ toes lift toward shin

You should feel: burn along the shin (front of lower leg), not in the knee.

5) Banded Dorsiflexion (Pull toes toward shin)

2–3 sets • 10–15 each side

ANCHOR POINT
[door leg]====band====(foot)

Start: toes relaxed → Pull: toes up

band tension →
[ANCHOR]====>=====>==== [FOOT]
↑↑↑

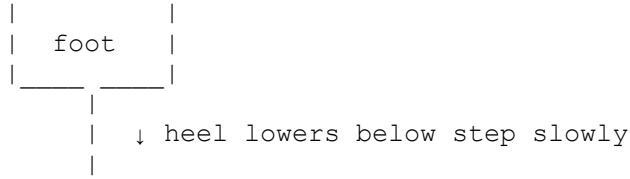
Cue: knee stays still; only the ankle hinge moves.

6) Eccentric Heel Drops (on a Step)

2–3 sets • 6–10 each side

Lowering tempo: **3–5 seconds down**

STEP EDGE (side view)



How to do it (illustrated sequence):

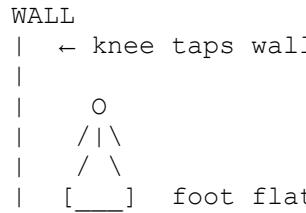
- 1) Up with BOTH feet [↑↑] on step
- 2) Shift to ONE foot (other foot off) [↑] on step
other foot floats
- 3) Lower SLOW [] on step
heel drops below

Big rule: ankle tracks straight—don't let it cave inward.

Optional “Hinge Control” Add-On (high value)

Knee-to-Wall Dorsiflexion (heel stays down)

2 sets • 8 slow reps each side



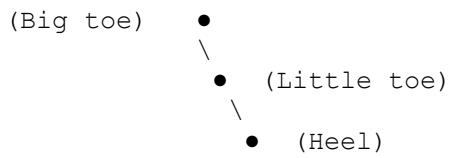
Arrow: knee glides forward over 2nd/3rd toe
Heel must NOT lift.

You should see: shin goes forward, heel stays heavy, arch doesn't collapse.

What to watch for (simple visual checks)

Foot tripod (keep it!)

TOP VIEW FOOT CONTACT



If you lose the tripod:

- arch collapses inward OR
- ankle rolls outward

4-Week Progression (easy)

Week 1: learn control (lighter band, shorter holds)

Week 2: add reps or time (same exercises)

Week 3: add load (backpack/dumbbell) on calf raises

Week 4: single-leg emphasis (1–2 exercises single-leg each session)

Quick “Session Card” (copy/paste)

- Warm-up: Pumps 2x20, Circles 10/10
- Iso calf hold: 2x30s
- Slow calf raises straight-knee: 3x10
- Bent-knee calf raises: 3x12
- Tib raises: 2x15–20
- Band dorsiflexion: 2x12/side
- Step eccentrics: 2x8/side
- Optional knee-to-wall: 2x8/side