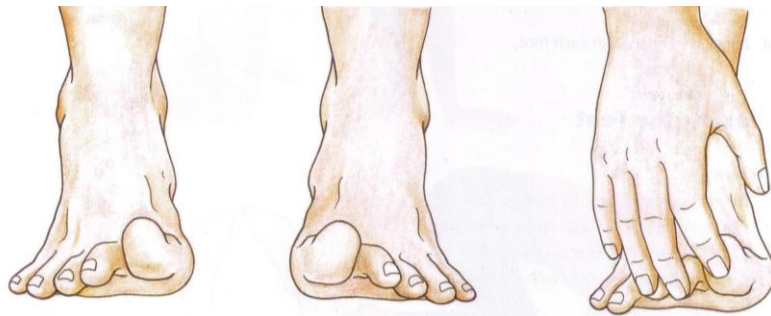




LONDONTRAINER

The Mexican Wave

To work the arches and joints of the foot, promoting mobility and strength



Starting position

You may either sit or stand for this exercise, as long as your body is balanced and comfortable and your feet can remain flat on the floor in parallel.

Action

1. Try lifting only your big toes first, keeping the rest down on the floor and then try keeping the big toes down and lifting the other toes.
2. Repeat ten times making sure that your feet do not roll in or out.

The Full Mexican Wave

1. Now try separating your toes and lifting them off the floor one at a time like a Mexican Wave.
2. Then place them back down in sequence, starting with the little toes and spacing them as wide as possible.
3. Repeat five times.
4. You may need to cheat a little to begin with and use your hands to help isolate the toes and move them individually.