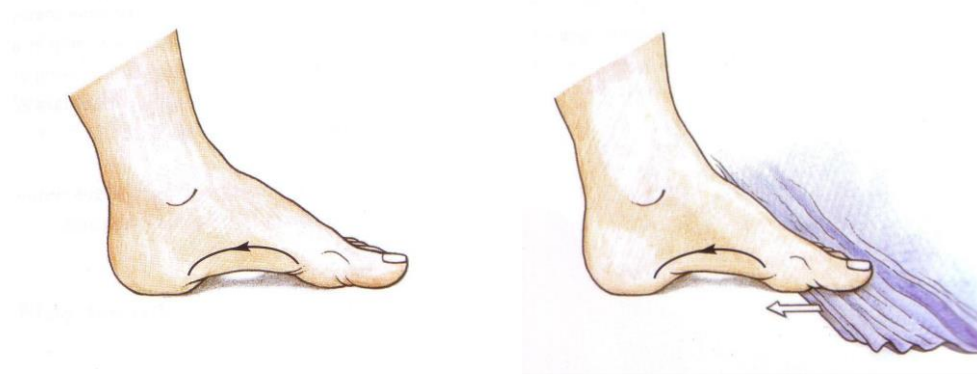




LONDONTRAINER

## Working the Arches

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. Keeping the toes long and not allowing them to scrunch up, draw the base of the your toes back towards the heels thus increasing the arches.
2. Release.
3. Repeat ten times.

### **Handy hints**

Do not simply screw the toes up, the action is in the arches of the feet, not the toes.

Check that your feet remain evenly planted on the floor and do not roll in or out.

### **Variation**

1. Lay a scarf or towel out in front of one foot, the edge just resting under your toes.
2. Using the same action as above draw the scarf in towards you.
3. Repeat twice with each foot.