

Supine Foot Circles & Points



Instructions

- Lie on your back with one leg extended and the other bent.
- Clasp hands the bent leg behind your knee and pull towards your chest.
- Keep the foot on the floor pointed towards the ceiling while maintaining contraction of your thigh muscles.
- Keeping the Knee completely still, perform foot rotations for the indicated number of repetitions then reverse direction.
- Following rotations, perform points in one direction for the indicated number of repetitions. Finally, perform points in the opposite direction.

Sets:

Repetitions:

Frequency: