

6.0 – Next Level Spring Ankle Exercises: Applying External Resistance

As athletes become stronger and are ready to progress, we continued the Spring Ankle Series into a multiple level system. Loading protocols can be broken down into three separate levels. Level One loading is performing all five positions with only body weight. When the athlete has become proficient in all five positions, we can begin to transition into Level Two and Three by applying external resistance. There are several ways in which we can do this, keeping in mind that every weight room is different and every coach has access to different equipment, we have provided several options for external resistance that we have found to create the greatest results. Again, it is very important that the athlete is able to maintain all of the listed positions for at least a minimum of one minute prior to advancing into loaded spring ankle exercises.