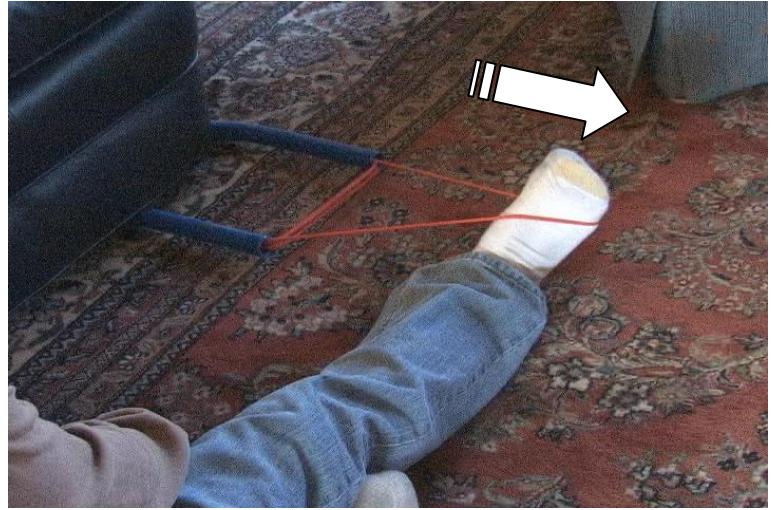
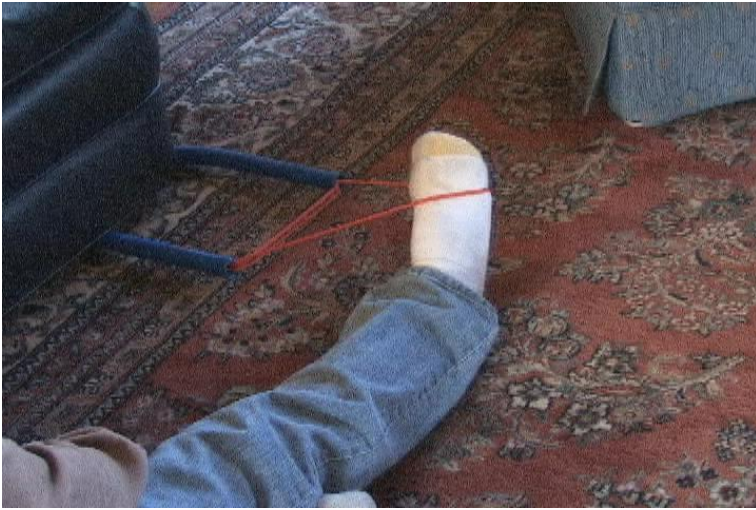
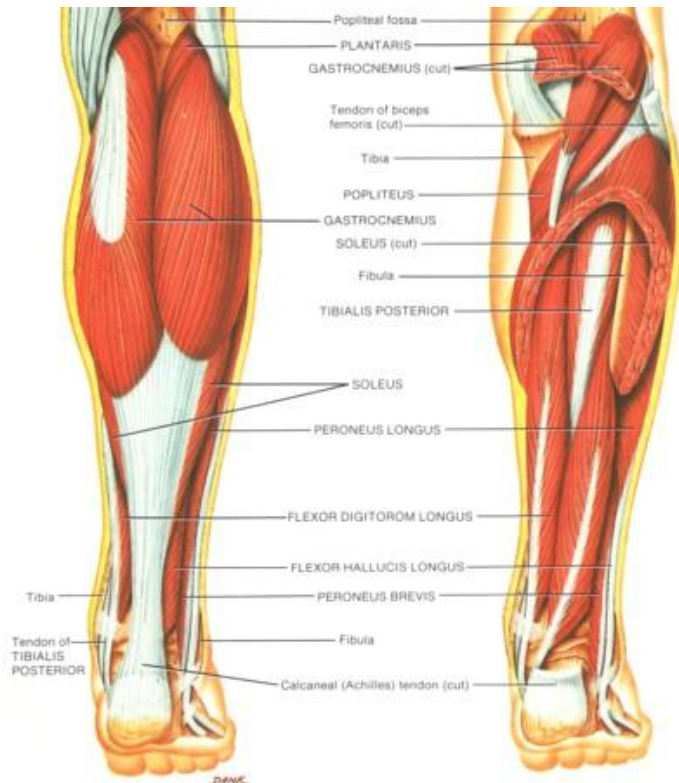


# Ankle Eversion

Sit on the floor with your exercise leg straight, your arms on the floor for balance, your non-exercise leg bent and out of the way. Anchor the Cuflinc handle to the side or to the front, and place the selected band(s) around the foot. Rotate your foot slowly to the outside.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week.  
All routines are done standing unless noted otherwise.



The primary muscles used are the peroneus longus and the peroneus brevis.

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