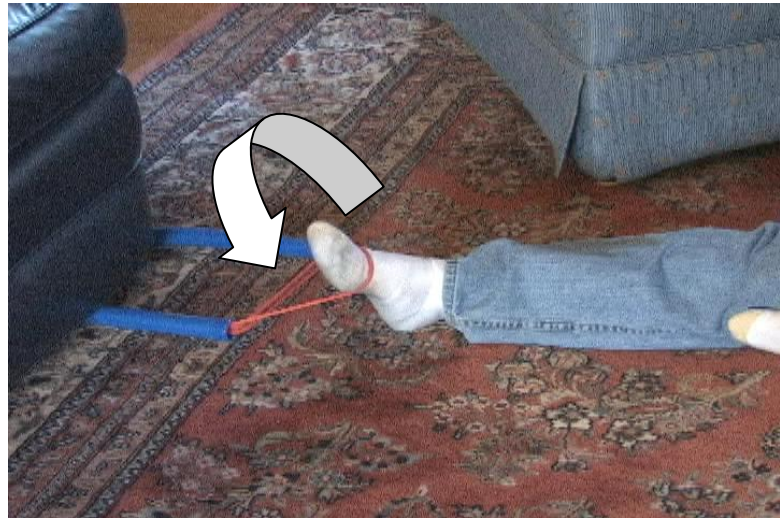
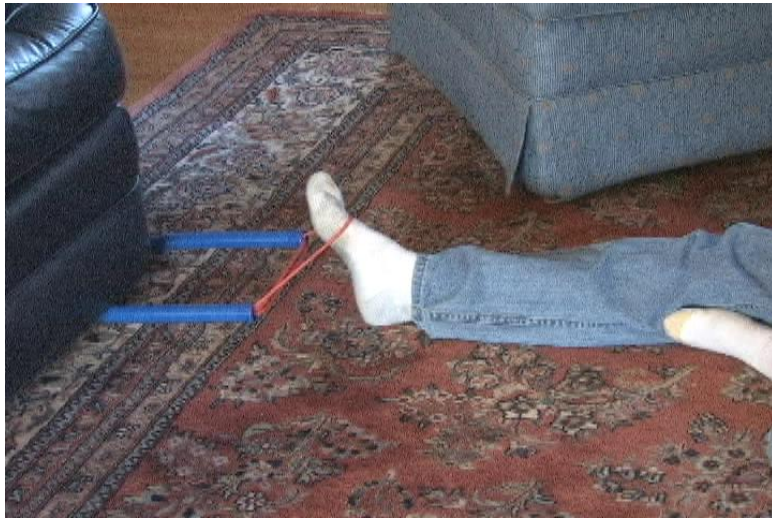
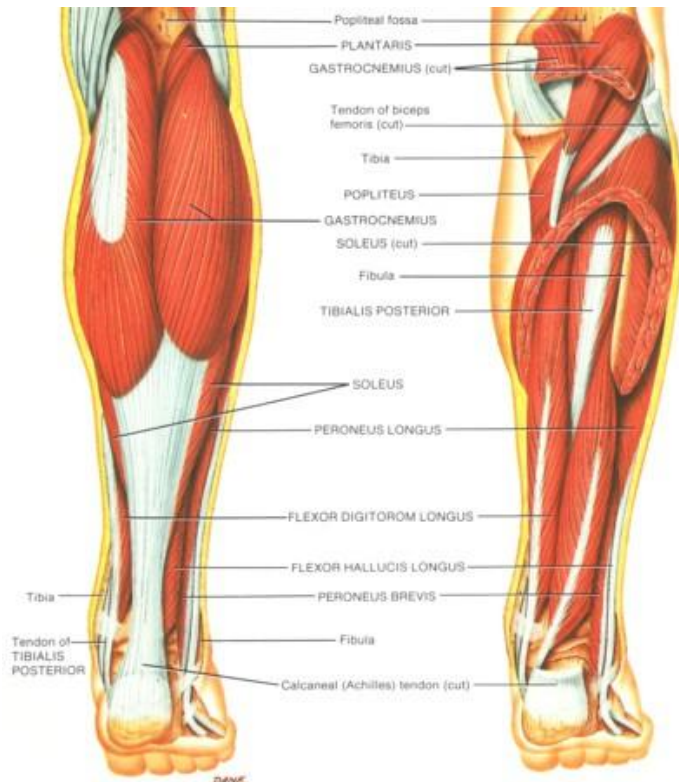


# Ankle Inversion

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 Cufline handle to the side or to the front, and place the selected band(s) around the foot. Rotate your foot slowly to the inside.



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 gastrocnemius, the soleus, the plantaris, the flexor hallucis longus, the flexor digitorum longus, and the tibialis posterior. Collectively, these are known as the calf muscles.

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