

# ATLANTA SPORTS PODIATRY

## Foot Strengthening Exercises

3 Rounds – Twice a Day

- 1) All Toes Down  
20 Seconds On  
10 Seconds Rest



- 2) Big Toe Down – Other Toes Up  
20 Seconds On  
10 Seconds Rest



- 3) Big Toe Up – Other Toes Down  
20 Seconds On  
10 Seconds Rest



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