

QUAD DIPS

SS02

ankle dorsiflexion

DIRECTIONS

Stand facing away from the anchor with the rope around your neck. Feet face directly forward. Heels are solidly anchored down while dipping both knees over your toes as far as comfortably possible. Do not allow the knees to collapse inward – maintain a solid outward pressure. Hold for one minute and/or gently bob around and discover a good feel.

IMAGERY

Visualize your invisible SHIN muscles being activated and massaged.

BENEFITS

QUADS DIPS work the SHIN MUSCLES through the principle of ankle dorsiflexion.

The CALVES on the rear and their muscle balance partner SHINS on the front help to keep the mechanics of the lower leg in line. Working in unison, flexible and strong calves and shins stabilize your ankles and feet below and provide relief to the knees above. There is a reason why QUAD DIPS follow HEEL LIFTS. Calves and Shins as muscle balance partners like to be worked together and will sing beautiful songs to your knees, ankles and feet below.

NOTES

Strong SHIN MUSCLES may not get you noticed in shorts, but neglecting them is a big mistake. This small muscle is critical for controlling your foot landing. When it's weak, your lower leg muscles must absorb the extra shock. Wearing high heels makes it worse - they keep your feet flexed, which weakens your shins and can shorten your calf muscles.