

# ORIGO BOARD

*Where Movement Begins.*



**The Origo Board**

Educational Framework and Exercise Guide



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MORE INFO



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# Note from co-founders, Meryl & Mick

When we first sketched out the idea for the Origo Board, it started with a simple question:

***What if one tool could do it all?***

We wanted something compact, purposeful, and beautifully designed. Something that could help people reconnect with their feet, their movement, and their strength in ways that felt intuitive and empowering. As athletes, movement educators, and parents, we were craving a product that would support recovery, build strength, improve balance, and offer real mobility gains, not just for elite performers, but for everyday movers, too.

There were boards on the market. Balance trainers. Foam rollers. Mobility tools. But none of them spoke to the origin of movement: the feet. And none of them combined all of the functional elements we knew were essential for long-term joint health and performance.

So we began designing.

We sketched. We prototyped. We tested. We threw out ideas. We went back to the drawing board again and again. Every curve, surface, and angle on the Origo Board was designed with purpose. From the built-in massage roller to the balance beam to the platform top, it's a system that adapts to your body and your level.

And it's one of a kind. There's nothing like it on the market that combines all of the features in one. That's not a sales pitch, that's just the result of years of thinking differently about movement.

Our hope is that this board becomes your go-to. That you use it not just when you're injured, but as part of your daily rhythm. That it helps you feel stronger, more grounded, and more in tune with how your body moves.

Thank you for trusting us with your movement journey. We're excited to see how far it takes you.



# Our Philosophy: “Origo = Origin”

## **Movement begins at the ground.**

Welcome to the Origo Board. Your foundation for better movement.

The word "Origo" means origin, and that's exactly where this journey begins: at the feet. The Origo Board was created to help you reconnect with the foundation of human movement through targeted strength, balance, mobility, and recovery work.

Every stride, jump, or lift relies on how your feet sense, stabilize, and communicate with your body. Yet modern life with shoes, flat surfaces, and sedentary habits dulls that connection.

The Origo Board reawakens your body's origin point. By training balance, mobility, and sensory awareness, you strengthen the pathways between your feet, ankles, and brain: the true foundation of healthy movement.

This guide is designed for:

- Physical therapists, coaches and rehab professionals
- Athletes and active individuals

Whether you're recovering from an injury, addressing joint restrictions, or enhancing your athletic performance, this tool offers a flexible and progressive approach to lower body health.

Before using the Origo Board, consult your healthcare provider or physical therapist, especially if you have a history of injury, surgery, or medical conditions.

All exercises should be performed mindfully and at your own pace. If you experience pain, dizziness, or discomfort, stop immediately and seek professional guidance.

This guide is for educational purposes only and is not intended to diagnose, treat, or cure any condition. Use of the Origo Board is voluntary and at the discretion of the user.

# Why We Made The Origo Board

**We designed the Origo Board to address the missing link in movement training: foot and ankle function.**

Most tools target isolated joints or muscle groups. The Origo Board blends:

- Balance Training
- Foot Intrinsic Strength
- Ankle Mobility (Inversion/Eversion)
- Big Toe Extension & Gait Mechanics
- Hamstring Stretching
- Myofascial Recovery

All in one compact and portable tool.

With over 25+ exercises, including top-side balance mode and upside-down beam mode, the Origo Board provides a scalable and efficient way to train the entire lower kinetic chain.



DR. KRISTEN BURCH DC, MS, ATC, LAT



Dr. Kristen Burch DC, MS, ATC, LAT

# The Origo Board Modes



## Three Modes. One Purpose: Better Movement.



In this mode, the board rests on its curved base with the top platform facing up. This setup allows you to perform dynamic, full-body exercises that train your balance, stability, and coordination.

### What It's Great For:

- Ankle inversion/eversion exercises
- Core and glute activation
- Improving proprioceptive feedback
- Training in functional, upright positions (e.g., single-leg RDLs, mini squats)



Flip the Origo Board over to reveal the beam surface, a narrow centerline that mimics a precision balance beam. This setup introduces a highly focused surface to train ankle mobility, big toe extension, and intrinsic foot control.

### What It's Great For:

- Ankle and knee joint stabilization
- Big toe (1st MTP joint) extension drills
- Static and dynamic balance control
- Gait retraining and toe-off mechanics
- Restore plantar fascia health



Remove the built-in mini massage stick from the underside of the board to activate Recovery Mode. Use it as a handheld tool to roll out tight fascia, stimulate blood flow, and accelerate recovery.

### What It's Great For:

- Plantar fascia release
- Calf, shin, hamstring, and quad rolling
- Tissue hydration and circulation
- Post-workout recovery and warm-ups

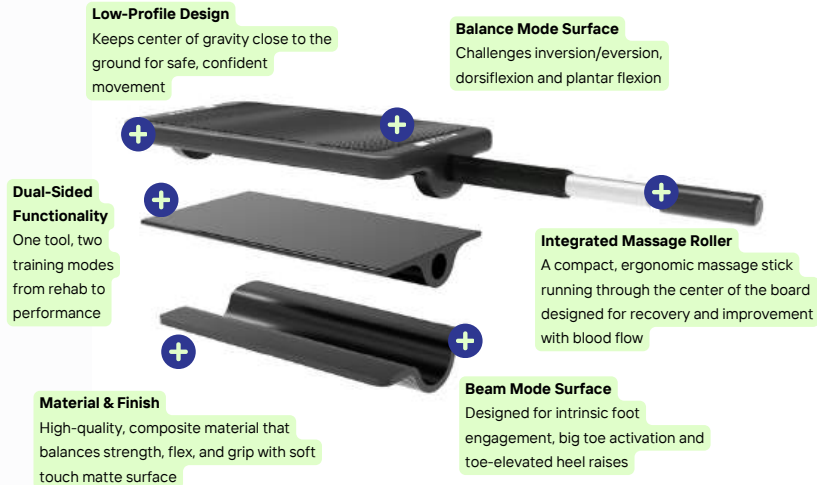


# The Origo Design

## Relearn. Strengthen. Stabilize.

Designed with input from movement specialists and inspired by the best research in foot and ankle health, the Origo Board combines:

- Variable rocker angles for multiplanar control
- Adjustable instability points for gradual challenge
- Low profile, natural stance design to keep training safe and intuitive



# Science in Motion

## EVIDENCE-BASED MECHANISMS EVERYDAY APPLICATION

The Origo Board is built on research-backed principles that combine loading, balance, proprioception, and recovery the four pillars of healthy, natural movement.

### LOAD: Strength from the Ground Up

#### Mechanism:

High-load training for the plantar fascia and Achilles improves tissue resilience, tendon stiffness, and foot strength.

#### Evidence Snapshot:

High-Load Plantar Fascia Resistance Training among Athletes (2023) high-load heel raises significantly reduced pain and improved function.  
(ResearchGate, 2023)

#### How Origo Applies It:

The Beam Mode recreates this proven loading pattern with gentle instability to activate deeper foot stabilizers while strengthening the Achilles–fascia connection.



# Science in Motion

## BALANCE: The Neuromuscular Connection

### Mechanism:

Balance and proprioceptive training enhance joint awareness and coordination by reactivating foot–ankle–brain communication.

### Evidence Snapshot:

Ankle Proprioception & Functional Performance Study (2024): Individuals with Achilles issues showed reduced proprioception and stability; targeted balance work restored control. (PMC, 2024)

### How Origo Applies It:

The Balance Mode allows controlled ankle motion (inversion/eversion, dorsiflexion/plantar flexion) to retrain the stabilizers and reflexes that keep you grounded.



## FOOT CORE: Your Foundation Matters

### Mechanism:

Intrinsic foot strengthening exercises (such as short-foot and toe-press exercises) improve medial arch support and posture control.

### Evidence Snapshot:

Short Foot Exercise Review (2020, Int. J. Environ. Res. Public Health): Intrinsic foot training improves postural balance and dynamic stability. (MDPI, 2020)

### How Origo Applies It:

Beam Mode's narrow crest cues intrinsic activation, trains the arch, toes, and stabilizers in a natural standing position.



# Science in Motion

## MOBILITY & RECOVERY: Movement That Heals

### **Mechanism:**

Controlled multi-planar motion (inversion, eversion, flexion) enhances joint mobility; massage and sensory input aid recovery and circulation.

### **Evidence Snapshot:**

Comprehensive Plantar Fasciitis Rehabilitation protocols that combine mobility, stretching, and soft tissue release show greater long-term improvement. (Cureus, 2024)

### **How Origo Applies It:**

Balance Mode, combined with a central massage channel, allows fluid ankle movement and tissue recovery, keeping the feet supple and resilient.



**Every movement begins with your foundation.**

The Origo Board combines the most effective elements from clinical research: load, balance, mobility, and sensory feedback into one intuitive tool.

Use it daily, and your body learns what it's always known: Strong, balanced movement starts from the origin, your feet.

# How to Use This Guide



This guide is organized by:

- **Beginner Level** – Foundational movement, proprioception, light mobility.
- **Intermediate Level** – Strength under load, control, and endurance.
- **Advanced Level** – Athletic integration, dynamic movement,

Each exercise includes: A dedicated page with clear instructions, setup and movement cues, key benefits, recommended reps and sets, and optional modifications and progressions.



**BALANCE**



**MOBILITY**



**STRENGTH**



**PERFORMANCE**



**RECOVERY**



This is a condensed guide. In the digital full expanded guide, you will also find:

- Injury-specific guidance (e.g., plantar fasciitis, ankle sprains, bunions, etc.)
- Integrated movement drills for gait, strength, and posture
- Visual guides and space for tracking your sessions



# Welcome to Beginner Level Exercises

**This section is designed to gently reintroduce movement from the ground up; starting at your foundation: the feet and ankles.**

Whether you're new to training, recovering from injury, or simply aiming to restore mobility, the Beginner Level focuses on:

- Seated or supported positions
- Low-load movements
- Foundational strength, stability, and proprioception

You'll begin to reawaken the small stabilizing muscles in your feet, ankles, and lower legs while promoting joint mobility and body awareness.

These drills may look simple, but they lay the groundwork for everything to come: balance, gait, strength, and performance. Start here. Move with intention.

Let's begin.

# Single-Leg Balance Hold



## BEGINNER EXERCISE

### How-To:

Stand on the Origo Board in beam mode with one foot placed at the center of the beam. Engage your core and focus your gaze forward.

If needed, use a wall or sturdy object for light support. Balance as still as possible, allowing the foot and ankle to stabilize the body through micro-adjustments.

### Benefits:

Improves single-leg stability and enhances proprioceptive feedback from the foot and ankle. Essential for injury prevention, especially in activities involving running, jumping, or pivoting.

According to Gribble et al. (2004), balance training improves ankle proprioception and functional joint stability.

### Suggested Protocol:

- Duration: 20–30 seconds per leg
- Sets: 2–3 sets
- Rest: 30 seconds between sets

### Progression Tips:

- Start with support (wall/chair)
- Add eyes closed or dynamic movement (clock taps)



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tutorial video](#)



# Seated Front-Back Ankle Rocks



## BEGINNER EXERCISE

### How-To:

While seated, place one foot on the Origo Board in balance mode (flat side up). Gently shift weight forward onto the toes, then backward toward the heel in a slow, rocking motion.

Keep movements small and controlled.

### Benefits:

Encourages active ankle dorsiflexion and plantarflexion. Enhances motor control and joint mobility. Great for early-stage ankle rehab and safe neuromuscular engagement.

Supports the findings of Konradsen et al. (2002) on ankle movement reeducation post-injury.

### Suggested Reps:

- Reps: 10–15 slow controlled rocks
- Sets: 2–3 sets
- Tempo: 2-second rock forward, 2-second rock back
- Rest: 30–45 seconds between sets

Goal: Activate ankle dorsiflexion and plantarflexion range in a safe, seated environment.



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# Seated Inversion/Eversion



## BEGINNER EXERCISE

### How-To:

While seated, place one foot flat on the Origo Board (beam side down and flat side up). Gently tilt the board side-to-side so that the sole rolls inward (inversion) and outward (eversion).

Focus on slow, controlled motions.

### Benefits:

Strengthens the tibialis posterior and peroneal muscles. Aids in ankle control and stability, key for reducing recurrent ankle sprains.

Supports joint mobility and muscle activation in the frontal plane.

### Suggested Protocol:

- Reps: 10–15 slow rocks each direction
- Sets: 2–3 sets
- Tempo: 2–3 seconds per direction
- Rest: 30 seconds between sets

Use: Excellent for early-stage ankle sprain rehab or preparing the ankle for multi-directional loads.



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# Seated Big Toe Extension Stretch



## BEGINNER EXERCISE

### How-To:

Sit on a chair and place your foot on the Origo Board so that the big toe is elevated on the beam side. Alternatively, flip the board to the balance side with the beam facing down and tilt the board as shown in the video. Gently lean forward until you feel a stretch along the base of the big toe and arch. Hold the position while keeping your heel grounded.

### Benefits:

Improves big toe extension, which is crucial for push-off during gait. Helps relieve tightness in the plantar fascia.

The Chou et al. (2009) study highlights the role of the great toe in balance and propulsion.

### Suggested Reps:

- Hold: 20–30 seconds per foot
- Sets: 2–3 rounds
- Rest: 15–30 seconds between rounds

Note: You can pulse gently during the hold if the tissue is stiff or tight.



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# Assisted Balance Hold



## BEGINNER EXERCISE

### How-To:

Flip the Origo Board to balance mode (beam side down). Stand on the board with your dominant foot while lightly touching the floor with your non-dominant foot for support. Keep your eyes forward, hips level, and your hands either extended out to the sides or lightly touching a stable surface (like a wall or dowel) for extra support. Slightly bend the standing knee and gently engage your foot and ankle stabilizers. Focus on staying tall through your posture and minimizing weight on the supporting foot.

### Benefits:

- Builds foundational ankle and foot stability in a progressive, supported environment.
- Encourages activation of the foot intrinsic muscles and ankle stabilizers while allowing gradual adaptation to single-leg loading.
- Helps restore proprioception after ankle sprains and other lower-limb injuries.

### Suggested Reps:

Hold the position for 20–30 seconds, then switch legs. Perform 2–3 sets per side.



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# Heel to Toe Static Weight Shift



BALANCE



MOBILITY

## BEGINNER EXERCISE

### How-To:

Place the board beam side down. Stand on the Origo Board with both feet hip-width apart. Slowly shift your weight forward onto your toes (plantar flexion), then back toward your heels (dorsiflexion), moving with control. Keep your knees soft and core gently engaged. Focus on smooth transitions and minimizing wobble.

### Benefits:

Improves ankle mobility and control in both directions. Strengthens calves, shins, and foot stabilizers while enhancing proprioception and balance. Great for reinforcing gait mechanics and ankle resilience.

### Suggested Protocol:

- Reps: 10 forward-backward shifts
- Sets: 2-3 sets
- Tempo: 2-3 seconds per shift
- Rest: 30 seconds between sets

Optional: Add arms extended forward to challenge balance or close eyes for a proprioception boost.



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# Welcome to Intermediate Level Exercises

**Now that you've established foundational strength and stability, it's time to build control, endurance, and integration.**

The Intermediate Level focuses on:

- Standing and weight-bearing positions
- Unilateral (single-leg) control
- Foot and ankle strengthening under load
- Improved coordination between joints

You'll begin to challenge your body with more dynamic movements, refine motor control, and lay the groundwork for performance-based training.

These drills will help you transition from isolated movements to functional strength that supports walking, running, lifting, and daily activity.

Ready to step it up? Let's move.

# Single Leg Clock Reach



BALANCE



MOBILITY

## INTERMEDIATE EXERCISE

### How-To:

Place the board in balance mode with the beam side down. Stand on one foot on the board. With the free leg, tap toward “12 o’clock”, return to centre, then “3 o’clock”, “6 o’clock”, “9 o’clock”. Maintain upright posture and stable stance foot.

### Benefits:

Develops multidirectional stability in foot/ankle/hip; helps dynamic balance when shifting weight; supports agility and control during changes of direction.

Proprioceptive training in multiple directions shown to improve dynamic balance (Frontiers in Rehab Sciences, 2022).

### Suggested Reps:

Perform 1 round of 4 taps in each direction, then switch legs. 2 rounds per leg recommended.



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# Inversion/Eversion Ankle Rocks



## INTERMEDIATE EXERCISE

### How-To:

Place the board beam side down. Stand with one foot on the board, no support or gently touching the wall. On the balance surface, slowly tilt the foot inward (inversion) then outward (eversion) in a controlled manner. Keep knee slightly bent, hips level.

### Benefits:

Strengthens peroneal (evertor) and tibialis posterior/anterior (invertor) muscles; improves frontal-plane ankle/foot control; reduces risk of ankle sprains; improves arch/foot alignment.

Systematic review: proprioceptive training reduces ankle sprain incidence by ~35% in athletes.

### Suggested Reps:

Perform 6–8 reps each direction per set, 2–3 sets.



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# Single Leg Heel Raise



## INTERMEDIATE EXERCISE

### How-To:

Place the board beam side down. Stand on the board with one foot centred. Rise up onto the ball of the foot, pressing through toes and forefoot. Pause briefly at the top. Lower slowly to start.

### Benefits:

Strengthens gastrocnemius/soleus, plantar fascia; supports ankle dorsiflexion and proper toe-off mechanics; improves single-leg push-off strength and calf resilience.

### Suggested Reps:

8–10 controlled reps per leg, 2–3 sets. For progression: slow down tempo, add external load (vest or dumbbell).



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# Single Leg Beam Mini Squat



## INTERMEDIATE EXERCISE

### How-To:

Flip the board to beam mode. Stand on one foot on the narrow beam surface. Maintain an upright torso, hips level, and stand with your knees slightly bent. Squeeze the glute of the working leg. Lower into a shallow single-leg squat (not full depth), return.

### Benefits:

Challenges glute/quads strength, ankle/foot stabilisers on narrow base; improves alignment and single-leg control under load; transfers into gait and sport.

### Suggested Reps:

- Reps: 8–10 per side
- Sets: 2–3 sets
- Tempo: Slow eccentric (2–3 seconds down), controlled return
- Rest: 45–60 seconds between

Progression: Go deeper into the squat or try unassisted squats without a toe touch for an added challenge.



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# Single Leg Beam Step Tap



## INTERMEDIATE EXERCISE

### How-To:

Flip the board onto beam mode, stand on one foot. The free foot taps outward/backwards/forward lightly then returns to centre without loading. Keep torso upright, standing foot firm.

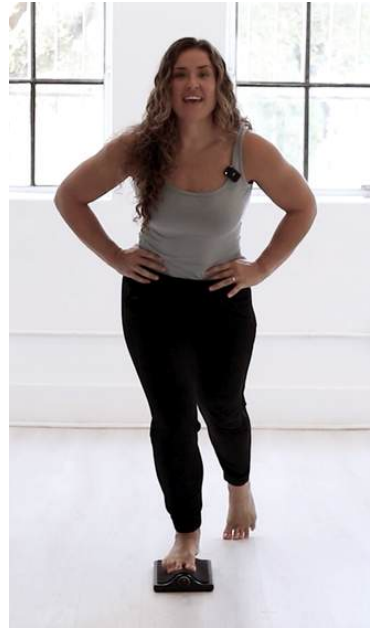
### Benefits:

Builds dynamic single-leg stability on an unstable base; improves foot placement, hip/ankle coordination and readiness for stepping actions in sport and life.

Step-over/step-tap drills elevate balance and dynamic stability measures.

### Suggested Reps:

3–4 taps each direction, 2–3 sets per leg.



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# Reverse Lunge



## INTERMEDIATE EXERCISE

### How-To:

Place your front foot flat on the board with the beam side down. Step the opposite leg back into a reverse lunge, keeping front knee aligned over board, torso upright, core braced. Push through front foot (on board) to return to start.

### Benefits:

Strengthens glutes/quads, loads ankle/foot under front stance; builds hip/ankle coordination and balance in lunge pattern—functional for everyday stepping and sport movements.

Lunges improve lower-limb strength and support functional balance training.

### Suggested Reps:

6–8 reps per leg, 2–3 sets.



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# Welcome to Advanced Level Exercises

**At this level, movement becomes dynamic and highly integrated.**

The Advanced Level is designed to:

- Enhance athletic performance
- Improve reaction time, power, and agility
- Strengthen joint control through complex patterns
- Push balance and proprioception to new levels

These exercises simulate real-life movement demands and are ideal for athletes, return-to-play protocols, or anyone seeking maximum mobility and strength from the ground up.

Your foundation is strong. Now it's time to train like it.

Let's elevate your movement.

# Single Leg RDL Big Toe Extension



## INTERMEDIATE EXERCISE

### How-To:

Place the board with the beam side down. Stand on one foot on board allowing big toe of stance foot to dorsiflex/extend over the board edge. Hinge at hips while extending non-stance leg behind. Return upright.

### Benefits:

Integrates posterior chain (glutes/hamstrings), challenges big-toe/MTP mobility and foot control; very beneficial for gait, running and athletic push-off mechanics.

Great toe extension is critical for propulsion and balance (Chou et al., 2009).

### Suggested Reps:

6–8 reps per side, slow controlled tempo.



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# Single Leg RDL Balance Mode



## INTERMEDIATE EXERCISE

### How-To:

Stand one foot on board in balance mode (beam side down). Hinge at hips, reach forward with opposite arm, non-stance leg extends back, standing foot remains on board.

Use a wall for support.

### Benefits:

Combines balance, posterior chain strength, foot/ankle control and core stability. Supports advanced neuromuscular integration for sport and high-level movement.

### Suggested Reps:

6–8 reps per leg, maintain control.



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# Rotational Reaches



## INTERMEDIATE EXERCISE

### How-To:

Stand on the board with one foot. Rotate your torso and reach the opposite hand across body toward down/forward direction (e.g., right foot stance, left hand reaches across). Free leg may assist for balance.

### Benefits:

Integrates foot/ankle stability with trunk rotation; engages obliques, hips, glutes and foot arch simultaneously. Builds cross-body coordination and dynamic rotational stability for sport or everyday movements.

Rotational movement training enhances core-leg integration and stability (Sports Med).

### Suggested Reps:

8-10 reaches each side, 2 sets.



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# Reverse Taps



## INTERMEDIATE EXERCISE

### How-To:

Stand on one foot on the board beam side down. Slowly lower free foot's heel behind you (or sideways), tap floor lightly, return to stance. Keep stance foot stable, core braced, knee aligned.

### Benefits:

Enhances glute eccentric control, foot/ankle stability and coordination in backward/side movements; supports knee/hip resilience and stepping mechanics that are often neglected.

### Suggested Reps:

8-10 taps per side, 2-3 sets.



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# Welcome to the Recovery Series

## Using the Origo Board's Built-In Mini Stick

Recovery is a crucial part of any movement journey. Whether you're a seasoned athlete, just beginning your mobility work, or recovering from injury, targeted recovery helps reduce tension, enhance circulation, and support your body's natural healing processes.

The Origo Board includes a compact Mini Massage Stick built directly into the center of the tool designed for convenient, on-the-go recovery. These exercises focus on myofascial release, tissue hydration, and relaxation of overactive muscles.

## Why Recovery Matters

Modern lifestyles, intense training, and daily movement patterns can create tightness in key areas like the calves, plantar fascia, hamstrings, and peroneals. Over time, this tension can restrict movement, increase risk of injury, and delay performance gains.

Incorporating recovery work into your routine helps:

- Relieve muscle soreness
- Improve blood flow and lymphatic drainage
- Restore range of motion
- Enhance foot and ankle resilience
- Speed up recovery between workouts

# Calf Roll

## INTERMEDIATE EXERCISE



### How-To:

Sit or stand. Place the massage stick along the length of the calf (gastrocnemius/soleus). Roll slowly from just below knee to above ankle, moderate pressure.

### Benefits:

Releases calf muscle tension; improves tissue hydration and mobility; supports ankle dorsiflexion and push-off mechanics; reduces soreness and improves recovery.

Foam rolling found to increase joint range and reduce DOMS (Sports Med 2015).

### Suggested Protocol:

- Duration: 1-2 minutes per leg
- Sets: 1-2 passes total
- Technique: Roll slowly from Achilles to knee, pausing on tender spots for 10-15 seconds.



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# Shin Roll



## INTERMEDIATE EXERCISE

### How-To:

Sit with leg bent. Place stick on front of shin (tibialis anterior). Roll from just below knee to above ankle slowly.

### Benefits:

Relieves anterior tibial tension and tightness; improves dorsiflexion mobility and foot placement; supports relief of shin-splints and reduces anterior compartment strain.

Self-myofascial release techniques shown to alleviate shin-splint symptoms (Sports Ther).

### Suggested Protocol:

- Duration: 1–2 minutes per leg
- Sets: 1–2 total rounds
- Note: Focus on the anterior tibialis (just outside the shin bone). Avoid direct pressure on bone.



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# Foot Roll



## INTERMEDIATE EXERCISE

### How-To:

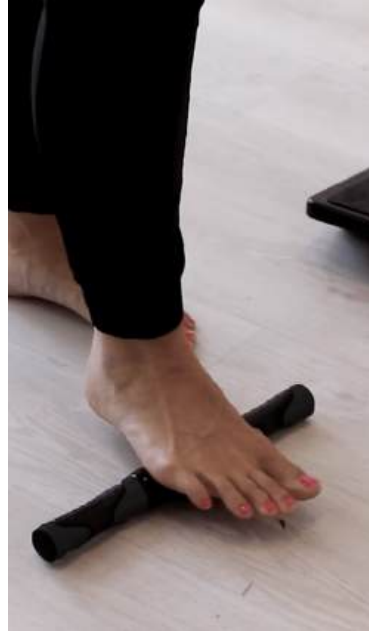
While seated comfortably in a chair or standing with support, place the Origo mini massage stick horizontally on the floor. Remove your shoes and socks. Gently place one bare foot on the stick, aligning the arch of your foot over the roller. Slowly roll from the heel to the ball of the foot, focusing on the entire plantar surface, including the medial and lateral arches. Apply gentle to moderate pressure, adjusting based on comfort.

### Benefits:

- Releases plantar fascia tension, a common source of foot discomfort and fatigue.
- Enhances circulation and fluid exchange in the foot tissues, supporting recovery after walking, running, or long periods of standing.
- Helps reduce symptoms associated with plantar fasciitis, heel pain, and arch tightness.

### Suggested Reps:

For deeper tension release, pause and hold on any sensitive or tight areas for 10–20 seconds. Roll each foot for 1–2 minutes, preferably post-activity or at the start of your recovery routine.



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# Hamstring Roll



## INTERMEDIATE EXERCISE

### How-To:

Sit on a firm surface (such as a bench, chair, or box) with the mini massage stick placed underneath one thigh. Keep your leg extended or slightly bent, and ensure the stick is aligned horizontally across the hamstring (between the glutes and back of the knee). Using your hands, gently roll the stick up and down the length of your hamstring, applying moderate pressure. Focus on the inner (medial) and outer (lateral) portions of the muscle.

Roll slowly, spending 1–2 minutes per leg. To increase intensity, cross the opposite leg over or lean more weight into the massage stick. For deeper release, pause on any tight spots and gently oscillate the leg or perform micro-bends at the knee.

### Benefits:

- Improves hamstring muscle recovery post-workout by reducing localized soreness and stiffness.
- Enhances blood circulation and lymphatic flow to the posterior thigh.
- Aids in restoring flexibility and tissue mobility, especially useful for runners, lifters, and athletes doing sprint or explosive work.
- Helps prevent overuse injuries like hamstring strains, especially when done regularly.



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# Quad/IT Band Roll



## INTERMEDIATE EXERCISE

### How-To:

Sit upright on a bench or sturdy surface with one leg extended. Place the mini massage stick horizontally across the front (quadriceps) or side (iliotibial band area) of your thigh. Use both hands to roll the stick up and down slowly, covering the entire length from hip to knee (but avoid direct pressure over the knee joint).

Apply consistent moderate pressure. You can adjust intensity by leaning into the stick or pressing more firmly with your hands. If tender areas are found, pause and breathe, allowing the tissue to release before continuing. Spend 1–2 minutes per section, alternating legs.

### Benefits:

- Improves tissue hydration and mobility in the quadriceps and lateral fascia.
- Reduces myofascial tightness that may contribute to patellar tracking issues, IT band syndrome, or anterior knee pain.
- Supports recovery after high-demand activities like squatting, running, or cycling.



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# Full Leg Flush



## INTERMEDIATE EXERCISE

### How-To:

Begin in a seated or standing position where your full leg is comfortably accessible. Start at the ankle and work your way upward toward the hip using long, smooth strokes with the mini massage stick. Roll across the calf, shin, hamstring, quadriceps, and IT band.

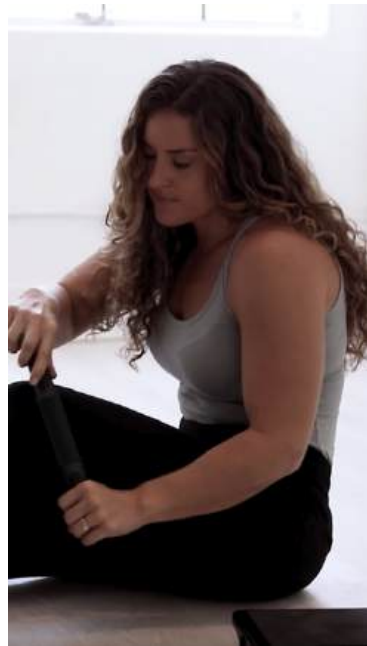
Use both hands on the stick to apply moderate pressure, gliding along the entire muscle length in one continuous sweep. You may break the leg into 3–6 zones:

1. Feet
2. Calves (posterior lower leg)
3. Shins (anterior lower leg)
4. Hamstrings (posterior thigh)
5. Quads (anterior thigh)
6. IT Band (lateral thigh)

Repeat the sweeping motion 3–5 times per section, then switch legs. You may also reverse direction, from hip to ankle to encourage lymphatic movement. Adjust intensity based on sensitivity, pausing briefly on any tense areas.

### Benefits:

- Improves circulation and lymphatic flow, especially post-workout or post-flight.
- Reduces muscle soreness and tightness across the entire kinetic chain.
- Encourages tissue hydration, reducing the feeling of "stiff" or "heavy" legs.
- Promotes parasympathetic nervous system activation, supporting recovery and relaxation.



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# FAQ

## Q1. What makes the Origo Board different from other balance tools?

Most balance boards train stability. The Origo Board trains intelligent stability — combining strength, sensory input, and recovery in one design.

- The Beam Mode side activates your big toe, arches, and calves through controlled loading and balance work.
- Flip to Balance Mode to explore ankle mobility and multi-direction control.
- The center massage channel releases tight tissue between sets, improving blood flow and recovery.

It's a full circle: activate → strengthen → mobilize → recover.

## Q2. What's the difference between Beam Mode and Balance Mode?

MODE	FOCUS	PRIMARY BENEFITS	EXAMPLE MOVEMENT
Beam Mode	Single-plane balance and foot loading	Strengthens big toe and foot arch, enhances toe-off control, improves calf strength and posterior chain activation	Toe-elevated heel raises, big toe press, short-foot drills, single-leg beam balance
Balance Mode	Multi-direction mobility and neuromuscular control	Improves ankle inversion/eversion, dorsiflexion, and plantar flexion; enhances proprioception and coordination	Clock leans, edge holds, ankle circles, single-leg stance with head turns
Recovery Channel	Massage and restoration	Stimulates circulation, releases tight plantar fascia, relieves calf or foot tension	Roll foot or calf 30–60 s between sets

# FAQ

## Q3. How does it help with foot and ankle strength?

The Origo Board uses a variable load and instability approach.

- On Beam Mode, the raised arch and narrow stance shift weight to the intrinsic muscles of the feet and toes which teaches your foot to stabilize naturally.
- This creates eccentric and concentric loading of the plantar fascia and calf (similar to clinically proven high-load exercises for plantar fasciitis and Achilles issues).
- Over time, this increases toe flexor strength, arch endurance, and ankle stiffness the key markers of performance and injury prevention.

## Q4. How does Balance Mode improve mobility and control?

The curved platform allows gentle 360-degree ankle motion: front/back, side/side, and diagonal.

By shifting weight through these planes, you train:

- Inversion / Eversion: Strengthens stabilizers that prevent sprains.
- Dorsiflexion / Plantar Flexion: Improves squat depth, gait efficiency, and explosive movement.
- Proprioception: The brain's awareness of joint position, essential for agility and coordination.

The low-profile design means you can practice safely barefoot or in minimalist shoes without excessive instability.

## Q5. What muscles does it target?

Depending on configuration, the Origo Board engages:

- Foot intrinsics: abductor hallucis, flexor hallucis brevis, interossei.
- Lower leg complex: tibialis posterior, peroneals, soleus, gastrocnemius.
- Core stabilizers: through kinetic chain activation during balance tasks.

In short: every session trains your foundation from toes to trunk.

# FAQ

## Q6. How does the built-in massage stick help recovery?

Rolling your foot, calf, or Achilles along it between sets:

- Stimulates mechanoreceptors (sensory nerves).
- Increases blood flow and lymphatic drainage.
- Aids recovery by improving tissue glide and reducing stiffness.

It bridges your training and recovery encouraging you to finish each session with calm, grounded feet.

## Q7. How often should I use it?

Consistency beats intensity.

- Start with 5 minutes a day, alternating Beam and Balance modes.
- As strength improves, increase to 10–15 minutes, 3–5 times per week.
- You can use the massage channel daily for recovery or post-workout relief.

The Origo Board is designed to integrate into your existing movement pre-run warm-ups, gym sessions, or while standing at your desk.

## Q8. Is it backed by science?

Yes, the Origo Board draws from proven movement and rehabilitation principles found in peer-reviewed research:

- High-load strengthening (as used in plantar fascia and Achilles rehab).
- Balance and proprioceptive training (shown to reduce ankle sprains and improve neuromuscular control).
- Sensory stimulation (linked to better foot coordination and postural stability).

While the Origo Board is new, its foundation is built on well-established biomechanics and movement science.

# FAQ

## Q9. Who is it for?

The Origo Board suits:

- Athletes & lifters: who want stronger foundations and better squat/toe-off mechanics.
- Coaches & clinicians: seeking an adaptable balance and loading tool.
- Everyday movers: who want healthier feet, improved posture, and better connection to their body.

If you stand, move, or train then you can benefit from Origo Board.

## Q10. Can it help with foot pain or mobility issues?

It's designed to support healthy movement patterns, not replace clinical care.

Many users find relief from common issues like:

- tight arches or calves
- limited ankle dorsiflexion
- balance asymmetries
- post-training soreness

If you have ongoing pain or medical conditions, consult a professional before beginning any exercise routine.

## Q11. Why "Origo"?

"Origo" means origin.

It's where movement begins in your feet.

Our mission is to help you rediscover that origin, reconnect with your foundation, and move with freedom, strength, and awareness.

## Q12. In one sentence: what does it do?

The Origo Board strengthens your feet, steadies your balance, and restores natural movement, one mindful step at a time.

# FAQ

## Q13. How often should I use it to see results?

Consistency is key, 5 to 10 minutes per day, 3–5 days per week is enough to feel noticeable changes in stability, comfort, and control within 3–4 weeks.

Think of it as movement hygiene - a few minutes that add up over time.

## Q14. What footwear should I use?

We recommend using the Origo Board barefoot or in grip socks for maximum sensory feedback.

If using shoes, choose flat-soled, minimalist footwear to maintain stability and feel.

## Q15. How do I clean it?

Wipe with a soft cloth and mild soap + water solution.

Dry immediately with a towel.

Avoid harsh cleaners, alcohol wipes, or soaking the board.

## Q16. What are some common mistakes to avoid?

- Standing too far back or forward on the board
- Rushing reps or holding tension through the toes
- Letting the heel lift when training balance
- Keep movements slow, controlled, and intentional, this helps your fascia, muscles, and joints adapt safely.

## Q17. How do I store it?

The board can be stored flat or upright. It's lightweight and compact, designed to fit easily beside a desk, under a couch, or in a gym cubby.

Avoid direct sunlight or extreme temperatures to preserve surface texture and grip.

# FAQ

## **Q18. How much weight can it hold?**

The Origo Board supports up to 300 lbs (136 kg) during standing use. It's designed for controlled, low-impact movement, not jumping or impact loading.

## **Q19. Is there a warranty?**

Yes, your Origo Board is backed by a one-year manufacturer's warranty covering normal use. We stand by the quality and craftsmanship of every product we make.

## **Q20. I've got a question!**

We love questions, that's how movement begins!

Send us a message at [hello@thetoespacer.com](mailto:hello@thetoespacer.com), and our team will make sure you get the info or guidance you need.

# Thank You for Starting at the Origin

## Stronger from the ground up.

We're so glad you've chosen to prioritize your movement, recovery, and resilience with the Origo Board.

This printed guide is a condensed version of our full training manual. We've intentionally kept it streamlined as part of our commitment to sustainability and conscious printing. Fewer pages = fewer trees and a greater push toward mindful consumption.

To access the full digital guide, including over 50 pages of:

- More exercises
- Injury-specific protocols
- Recovery and mobility strategies
- Bonus content and movement videos

Scan the QR code down below to access the full guide.

We hope the Origo Board becomes a daily reminder that your foundation matters. From your very first rep to your most advanced progression, it all starts at the origin your feet.

With gratitude,

Mick, Meryl & Spacer Mobility team

## We'd love to hear from you!



[www.spacermobility.com](http://www.spacermobility.com)



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**SPACER**  
MOBILITY



A person wearing a teal long-sleeved shirt and grey shorts is performing a balance exercise. They are standing on a black, rectangular device on a light-colored floor. Their right leg is raised and bent at the knee, with the foot pointing towards the left. Their arms are extended horizontally to the sides, palms facing down. The background shows a bright room with a white sofa, a potted plant, and a window looking out onto a city street.

# ORIGO METHOD

*Where Movement Begins.*

# Important Information

## Stronger from the ground up.

The exercises and protocols in this guide are intended for educational purposes only and are not a substitute for medical advice, diagnosis, or treatment. Always listen to your body and work within your current abilities.

If you have an existing injury, medical condition, are recovering from surgery, or experience pain during any exercise, consult a qualified healthcare professional before using the Origo Board or beginning any exercise program.

Perform all exercises at your own pace and discontinue any movement that causes sharp pain, dizziness, or discomfort.

If you have any questions, please do not hesitate to reach out to us. We're here to help.

## We'd love to hear from you!



[www.spacermobility.com](http://www.spacermobility.com)



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[hello@thetoespacer.com](mailto:hello@thetoespacer.com)

# Everyday/Lifestyle

## DESK WORKER



## GOAL

Restore ankle and foot mobility, reduce stiffness, and reintroduce daily movement

### EXERCISES

**Seated Ankle Front-Back Rocks**

**Seated Inversion/Eversion Rocks**

**Big Toe Extension Stretch**

**Heel-to-Toe Static Weight Shifts**

**Assisted Balance Hold**

**Calf Roll + Foot Roll**

### SUGGESTED REPS/SETS/TIMING

**REPS:**  
10-12

**SETS:**  
2-3

**TEMPO:**  
Slow and controlled

**REST:**  
30-45 seconds

**FREQUENCY:**  
3-5x/week (daily light mobility encouraged)

### PROGRESSIONS

Progress to standing inversion/eversion

Reduce reliance on support

Add narrow stance

Add eyes closed balance

## 4-WEEK PROGRESSION

### WEEK 1:

Seated mobility + assisted balance

### WEEK 2:

Add standing weight shifts

### WEEK 3:

Reduce support + increase control

### WEEK 4:

Add balance challenges (eyes closed)

## HOW IT SHOULD FEEL:

Gentle stretch and light activation in the feet and ankles. Relief from stiffness without discomfort.

## EXPECTED OUTCOMES:

Reduced stiffness from prolonged sitting

Improved ankle mobility

Better posture and balance in daily movement

# Everyday/Lifestyle

## BAREFOOT TRANSITION

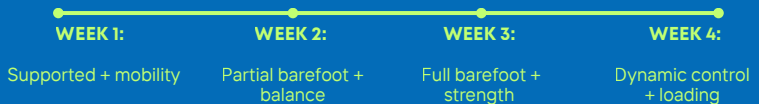


## GOAL

Strengthen intrinsic foot muscles, improve toe mobility, and safely transition to barefoot movement.

EXERCISES	SUGGESTED REPS/SETS/TIMING	PROGRESSIONS
<b>Big Toe Extension Stretch</b>  <b><u>Short Foot Activation</u></b> (tripod foot)  <b>Seated → Standing Inversion/Eversion Rocks</b>  <b>Single-Leg Balance Hold</b>  <b>Beam Step Taps</b>  <b>Foot Roll</b> (Mini Stick)	<b>REPS:</b> 10–15  <b>SETS:</b> 2–3  <b>TEMPO:</b> Slow and controlled  <b>REST:</b> 30 seconds  <b>FREQUENCY:</b> Daily (light), 4–5x/week (strength)	Progress from supported → unsupported  Increase time barefoot  Add single-leg loading  Add dynamic step taps

## 4-WEEK PROGRESSION



## HOW IT SHOULD FEEL:

Increased awareness in toes and arches with mild fatigue. No sharp pain or excessive soreness.

## EXPECTED OUTCOMES:

Stronger intrinsic foot muscles

Improved toe mobility

Smoother transition to barefoot footwear

# Everyday/Lifestyle

## BALANCE CONFIDENCE / FALL PREVENTION PROTOCOL



### GOAL

Improve stability, coordination, and confidence during daily movement

#### EXERCISES

**Assisted  
Balance Hold**

**Heel-to-Toe Static  
Weight Shifts**

**Beam Balance  
Hold**

**Reverse Step  
Taps**

**Head Turns while  
balancing**

**Calf Roll + Shin Roll**

#### SUGGESTED REPS/SETS/TIMING

**REPS:**  
8-10

**SETS:**  
2

**TEMPO:**  
Slow and controlled

**REST:**  
45-60 seconds

**FREQUENCY:**  
3-5x/week

#### PROGRESSIONS

Reduce external support

Add head turns

Add cognitive tasks (counting)

Add eyes closed

### 4-WEEK PROGRESSION

●  
**WEEK 1:**

Assisted balance

●  
**WEEK 2:**

Reduce support

●  
**WEEK 3:**

Add sensory challenge

●  
**WEEK 4:**

Add cognitive + visual challenge

*\*progress to neuro*

### HOW IT SHOULD FEEL:

Stable with slight challenge. You should feel in control at all times.

### EXPECTED OUTCOMES:

Improved balance confidence

Reduced fall risk

Better coordination in daily life

# Everyday/Lifestyle

HIKER



GOAL

Build endurance stability for uneven terrain.

## EXERCISES

**Long Hold Balance**  
(30–60s)

**Multi-Directional  
Step Taps**

**Heel-to-Toe  
Endurance Shifts**

**Beam Balance +  
March**

**Full Leg Flush**

## SUGGESTED REPS/SETS/TIMING

**TIME:**  
30–60 sec holds

**REPS:**  
10–15

**SETS:**  
2–3

**TEMPO:**  
Slow and controlled

**REST:**  
30 seconds

**FREQUENCY:**  
3–5x/week

## PROGRESSIONS

Increase hold  
duration

Add load  
(backpack)

Add eyes  
closed

Add uneven  
pacing

## 4-WEEK PROGRESSION

WEEK 1:

Static holds

WEEK 2:

Add movement

WEEK 3:

Increase duration

WEEK 4:

Add load +  
challenge

## HOW IT SHOULD FEEL:

Sustained muscle engagement  
and fatigue in feet and calves.

## EXPECTED OUTCOMES:

Improved  
endurance

Better terrain  
adaptability

Reduced  
fatigue

# REHAB PAIN

WEAK ARCH/  
FLAT FEET



## GOAL

Strengthen intrinsic foot muscles and improve arch stability

### EXERCISES

**Short Foot Activation**  
*(tripod foot)*

**Big Toe Press /  
Extension Holds**

**Inversion/  
Eversion Rocks**

**Beam Balance**  
**Hold**

**Assisted Mini**  
**Squat**

### SUGGESTED REPS/SETS/TIMING

**REPS:**  
10–15

**SETS:**  
2–3

**TEMPO:**  
5–10 seconds  
*(short foot)*

**REST:**  
30 seconds

**FREQUENCY:**  
4–5x/week

### PROGRESSIONS

Progress to unassisted balance

Add beam squats

Add single-leg loading

Add eyes closed

## 4-WEEK PROGRESSION

WEEK 1:

Activation + awareness

WEEK 2:

Add holds + control

WEEK 3:

Add balance

WEEK 4:

Add load + dynamic work

## HOW IT SHOULD FEEL:

Subtle activation in the arch and foot muscles. No cramping or sharp discomfort

## EXPECTED OUTCOMES:

Stronger arch

Improved foot stability

Reduced fatigue and overpronation

# REHAB PAIN

## PLANTAR FASCIITIS



### GOAL

Reduce pain, improve tissue tolerance, and restore foot strength.

EXERCISES	SUGGESTED REPS/SETS/TIMING	PROGRESSIONS
<b>Foot Roll</b> <i>(mini stick)</i>	<b>ROLLING:</b> 1–2 minutes per area	Add single-leg heel raises
<b>Calf Roll</b>	<b>REPS:</b> 10–15	Increase time under tension
<b>Heel-to-Toe Weight Shifts</b>	<b>SETS:</b> 2–3	Add balance holds
<b>Big Toe Extension Stretch</b>	<b>TEMPO:</b> Slow <i>(3 seconds down for heel raises)</i>	
<b>Slow Eccentric Heel Raises</b>	<b>REST:</b> 30 seconds	
	<b>FREQUENCY:</b> Daily (mobility), 4x/week (strength)	

### 4-WEEK PROGRESSION



### HOW IT SHOULD FEEL:

Gentle stretch and mild discomfort in the fascia (acceptable), but not sharp or worsening pain.

### EXPECTED OUTCOMES:

Reduced morning pain

Improved foot strength

Better tolerance to standing/walking

# REHAB PAIN

## ANKLE SPRAIN/ RETURN TO SPORT

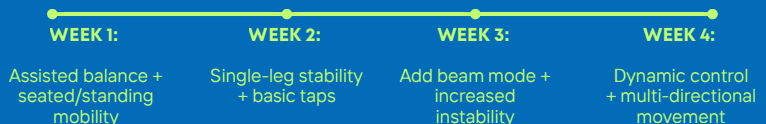


### GOAL

Restore ankle stability, rebuild inversion/eversion strength, and safely return to dynamic movement.

EXERCISES	SUGGESTED REPS/SETS/TIMING	PROGRESSIONS
<b>Assisted Balance Hold</b>	<b>REPS:</b> 8-12 per movement	Remove support
<b>Seated Inversion/Eversion Rocks</b>	<b>SETS:</b> 2-3 Sets	Add eyes closed
<b>Single-Leg Balance</b> (progress to eyes closed)	<b>TEMPO:</b> Slow and controlled (2-3 seconds)	Add head turns
<b>Multi-Directional Step Taps</b>	<b>REST:</b> 30-45 seconds	Progress to dynamic step taps and beam marching
<b><u>Beam Balance Hold</u> → <u>Beam March</u></b>	<b>FREQUENCY:</b> 4-5x/week	

### 4-WEEK PROGRESSION



### HOW IT SHOULD FEEL:

Mild instability and muscle fatigue around the ankle. No sharp pain or pinching.

### EXPECTED OUTCOMES:

Improved ankle control

Increased confidence on uneven surfaces

Reduced risk of re-injury

# REHAB PAIN

## KNEE PAIN



## GOAL

Improve knee tracking by strengthening foot, ankle, and hip control.

EXERCISES	SUGGESTED REPS/SETS/TIMING	PROGRESSIONS
<b>Heel to toe shift</b>	<b>REPS:</b> 8-10	Add rotational reaches
<b>Single-Leg Balance Hold</b>	<b>SETS:</b> 2-3 Sets	Add beam instability
<b>Clock Taps</b> (focus on knee alignment)	<b>TEMPO:</b> Slow and controlled (3 seconds)	Add light external load
<b>Single-Leg Squat</b> (controlled)	<b>REST:</b> 45 seconds	Increase depth of squats
<b>Reverse Lunge</b>	<b>FREQUENCY:</b> 3-4x/week	
<b><u>Single Leg RDL</u></b>		

## 4-WEEK PROGRESSION



## HOW IT SHOULD FEEL:

Muscle engagement in glutes and quads with stable knee tracking.  
No sharp anterior knee pain.

## EXPECTED OUTCOMES:

Improved knee alignment

Reduced pain with stairs/running

Better lower body control

# REHAB PAIN

## LOW BACK PAIN

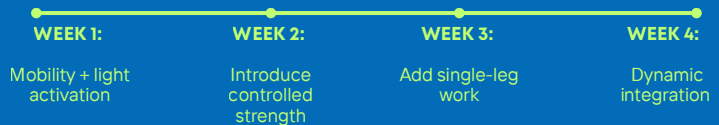


## GOAL

Improve movement from the ground up and restore posterior chain function

EXERCISES	SUGGESTED REPS/SETS/TIMING	PROGRESSIONS
<b>Heel-to-Toe Weight Shifts</b>	<b>REPS:</b> 8-12	Increase hinge depth
<b><u>Beam Balance Hold</u></b>	<b>SETS:</b> 2-3	Add single-leg loading
<b>Single-Leg RDL (balance mode)</b>	<b>TEMPO:</b> Controlled (2-3 seconds)	Add rotational complexity
<b>Rotational Reaches</b>	<b>REST:</b> 30-45 seconds	Add instability ( <i>beam mode</i> )
<b>Hamstring Roll + Full Leg Flush</b>	<b>FREQUENCY:</b> 3-4x/week	

## 4-WEEK PROGRESSION



## HOW IT SHOULD FEEL:

Activation in hamstrings and glutes, improved posture. No compression or pain in lower back.

## EXPECTED OUTCOMES:

Reduced back stiffness

Improved movement mechanics

Better load distribution

# REHAB PAIN

## ACHILLES TIGHTNESS / ACHILLES TENDINOPATHY



## GOAL

Improve calf and Achilles load tolerance, increase ankle dorsiflexion, and restore strength and elasticity for walking, running, and jumping.

### EXERCISES

**Calf Roll**  
(Mini Stick)

**Heel-to-Toe Static  
Weight Shifts**

**Seated or Standing Ankle  
Dorsiflexion Rocks**

**Single-Leg  
Balance Hold**

**Single-Leg Heel Raises**  
(as tolerated)

**Beam Mini Squat**

### SUGGESTED REPS/SETS/TIMING

#### CALF ROLL:

1–2 minutes per leg

#### REPS:

10–15 (*heel raises, weight shifts, ankle rocks*)

#### SETS:

2–3 sets

#### TEMPO:

3 seconds down (*eccentric focus for heel raises*)

#### REST:

30–45 seconds  
between sets

#### FREQUENCY:

4–5x/week (*daily light mobility optional*)

### PROGRESSIONS

Progress from double-leg  
→ single-leg heel raises

Increase time under tension  
(*Slower Eccentrics*)

Add beam mode for  
instability

Add eyes closed  
during balance work

Progress to dynamic  
movements (*step taps, light plyometric loading*)

## 4-WEEK PROGRESSION

### WEEK 1:

Focus on mobility  
(*pain-free range*)

### WEEK 2:

Controlled single-leg  
heel raises

### WEEK 3:

Increase volume +  
add beam mini squats  
and instability

### WEEK 4:

Add dynamic control  
(*step taps, light reactive loading*)

## HOW IT SHOULD FEEL:

A controlled stretch and muscle fatigue in the calf and Achilles. Mild discomfort during loading can be acceptable, but there should be no sharp pain, pinching, or worsening symptoms after.

## EXPECTED OUTCOMES:

Improved ankle  
mobility (dorsiflexion)

Increased calf and  
Achilles strength

Reduced stiffness,  
especially in the  
morning

Better tolerance to  
walking, running,  
and training loads

# PERFORMANCE

## RUNNER



## GOAL

Improve single-leg stability, big toe extension, and load transfer during gait.

### EXERCISES

**Single-Leg Balance Hold**

**Single-Leg Heel Raises**

**Clock Taps**

**Beam Mini Squat**

**Single-Leg RDL**  
(Big Toe Extension focus)

**Toe Extension Stretch**

### SUGGESTED REPS/SETS/TIMING

**REPS:**  
8–12

**SETS:**  
3

**TEMPO:**  
Controlled  
(2–3 seconds)

**REST:**  
30–45 seconds

**FREQUENCY:**  
3–4x/week

### PROGRESSIONS

Add pistol-to-RDL combination

Add rotational reaches

Add eyes closed

Add pre-run barefoot activation

## 4-WEEK PROGRESSION

●  
**WEEK 1:**

Static control

●  
**WEEK 2:**

Add multi-directional taps

●  
**WEEK 3:**

Add strength (RDL, squats)

●  
**WEEK 4:**

Add dynamic integration

## HOW IT SHOULD FEEL:

Foot, calf, and glutes working together with controlled fatigue.

## EXPECTED OUTCOMES:

Improved running efficiency

Better push-off power

Reduced injury risk

# PERFORMANCE

## CROSSFIT ATHLETE



## GOAL

Build stability, strength, and control under load and fatigue.

### EXERCISES

#### Clock Taps

Beam Mini Squat

Single-Leg RDL

Reverse Lunge

Rotational Reaches

Full Leg Flush  
(Recovery Mode)

### SUGGESTED REPS/SETS/TIMING

**REPS:**  
8-10

**SETS:**  
3

**TEMPO:**  
Controlled → explosive

**REST:**  
45-60 seconds

**FREQUENCY:**  
3-4x/week

### PROGRESSIONS

Add pistol to RDL combo

Add external load  
(weights)

Add cognitive/  
dual-ta sk challenges

Add fatigue-based  
sets

## 4-WEEK PROGRESSION

WEEK 1:

Controlled strength

WEEK 2:

Add rotation

WEEK 3:

Add load

WEEK 4:

Add dynamic/  
fatigue work

## HOW IT SHOULD FEEL:

Challenging but controlled.  
Strong engagement  
through foot, core, and hips.

## EXPECTED OUTCOMES:

Improved stability  
under load

Better movement  
efficiency

Reduced  
injury risk

# PERFORMANCE

## PLYOMETRICS



## GOAL

Improve landing mechanics, stability, and reactive control.

### EXERCISES

Single-Leg  
Balance Hold

Beam  
Step Taps

Reactive Lateral  
Step Taps

Single-Leg Mini Squat

Rotational Reaches

### SUGGESTED REPS/SETS/TIMING

**REPS:**  
6-8

**SETS:**  
2-3

**TEMPO:**  
Controlled → explosive

**REST:**  
60 seconds

**FREQUENCY:**  
2-3x/week

### PROGRESSIONS

Increase speed

Add jump height

Add multi-directional  
movement

Add fatigue  
conditions

## 4-WEEK PROGRESSION

WEEK 1:

Static stability

WEEK 2:

Controlled  
strength

WEEK 3:

Introduce light  
plyometrics

WEEK 4:

Dynamic/reactive  
training

## HOW IT SHOULD FEEL:

Explosive but controlled.  
Stable landings with  
minimal wobble.

## EXPECTED OUTCOMES:

Improved landing  
control

Better athletic  
performance

Reduced  
injury risk

# PERFORMANCE

## YOUTH ATHLETE



## GOAL

Improve coordination, balance, and foundational movement patterns.

### EXERCISES

Balance Hold  
(game-based)

Clock Taps

Beam March

Lateral Step Taps

Drop + Catch Drill

### SUGGESTED REPS/SETS/TIMING

**TIME:**  
20–30 seconds

**SETS:**  
2-3

**REST:**  
30 seconds

**FREQUENCY:**  
2–3x/week

### PROGRESSIONS

Add challenges  
(eyes closed, counting)

Add movement  
games

Add dynamic tasks

Increase coordination  
complexity

## 4-WEEK PROGRESSION

WEEK 1:

Basic balance

WEEK 2:

Add movement

WEEK 3:

Add coordination  
challenges

WEEK 4:

Add dynamic/  
reactive drills

## HOW IT SHOULD FEEL:

Fun, engaging, slightly  
challenging

## EXPECTED OUTCOMES:

Improved  
coordination

Better balance and  
body awareness

Reduced injury  
risk in sport

# PERFORMANCE

## NEURO/PROPRIOCEPTION PROTOCOL



### GOAL

Improve coordination, balance, and nervous system response.

#### EXERCISES

**Beam Balance Hold**

**Cognitive Dual Task**  
(clock taps following the  
pattern:  
12 → 3 → 6 → 9)

**Head Turns**  
**while balancing**

**Rotational Reaches**

**Balance Hold**  
**Single-Leg Balance**  
(eyes closed)

#### SUGGESTED REPS/SETS/TIMING

**REPS:**  
8-10

**SETS:**  
2-3

**REST:**  
30-45 seconds

**FREQUENCY:**  
3-4x/week

#### PROGRESSIONS

Combine head +  
eye movement

Increase cognitive  
load

Add instability

Add dynamic tasks

### 4-WEEK PROGRESSION

●  
**WEEK 1:**

Basic balance

●  
**WEEK 2:**

Add sensory  
challenge

●  
**WEEK 3:**

Add cognitive  
tasks

●  
**WEEK 4:**

Combine all  
elements

### HOW IT SHOULD FEEL:

Challenging mentally and physically, slight instability is expected.

### EXPECTED OUTCOMES:

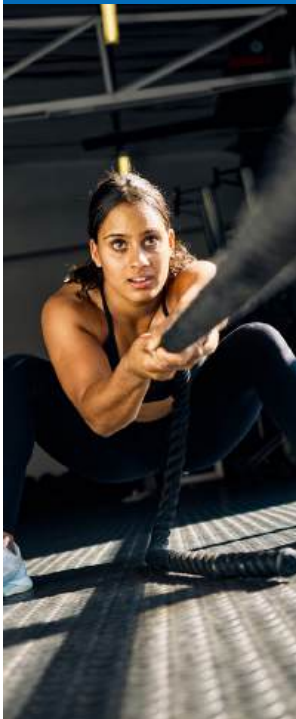
Improved  
coordination

Faster reaction  
time

Better real-world  
balance

# PERFORMANCE

## HYROX ATHLETE PROTOCOL



### GOAL

Build endurance stability, improve force transfer under fatigue, and enhance foot/ankle resilience for repetitive hybrid movements (running + functional work).

### EXERCISES

Heel-to-Toe Static  
Weight Shifts

Single-Leg  
Balance Hold

Clock Taps

Beam Mini Squat

Single-Leg RDL

Reverse Lunge

Rotational Reaches

Beam Step Taps

Full Leg Flush  
(Recovery Mode)

### SUGGESTED REPS/SETS/TIMING

#### REPS:

8-10 strength  
10-15 stability

#### SETS:

2-4

#### TEMPO:

Controlled → slightly  
reactive under fatigue

#### REST:

30-60 seconds

#### FREQUENCY:

3-4x/week

### PROGRESSIONS

Add fatigue rounds  
(back-to-back exercises)

Add external load  
(dumbbells, sandbag)

Add cognitive/  
dual-task challenges

Increase speed  
of transitions

Perform post-run or  
post-conditioning

### 4-WEEK PROGRESSION

#### WEEK 1:

Controlled strength  
+ stability

#### WEEK 2:

Add multi-  
directional control

#### WEEK 3:

Add load +  
fatigue exposure

#### WEEK 4:

Add dynamic  
transitions +  
reduced rest

### HOW IT SHOULD FEEL:

Challenging but controlled. You should feel your feet, calves, and glutes working under fatigue while maintaining balance.

### EXPECTED OUTCOMES:

Improved stability  
under fatigue

Better running to  
strength transitions

Increased efficiency  
in HYROX movements

Reduced injury risk



**SPACER**  
MOBILITY