

# ACTIVE ISOLATED FLEXIBILITY (Foot/Ankle)

- Soleus
- Achilles Tendon
- Gastrocnemius
- Tibialis Anterior
- Ankle Invertors/Evertors
- Foot Pronators/Supinators
- Metatarsal Arch - Extensors/Flexors
- Toe Extensors/Flexors
- Big Toe Adductor
- Toe Webbing

