
Hot foot

Posted by Football_fanatic - 2008/07/09 02:45

During hot foot when I try to do the cross my ankle starts feeling real tense and starts hurting, can one necessarily just hop up and down on the foot until an individual becomes stronger/more enduranced?

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Re:Hot foot

Posted by Kevin - 2008/07/09 08:28

Here's a couple of thoughts...

Instead of hopping on one foot for 30 seconds, you could alternate more quickly. Say you hop on each foot for 15 seconds, then alternate. Keep alternating every 15 seconds until you have a minute of time in. Gradually increase your time with each foot to get more endurance and build strength.

Don't hop, but stand in something along the lines of the tree posture in Yoga-X. You'll build strength and balance and you won't hurt your ankle.

Jump rope for 1 minute. You won't need the rope, just pretend that the rope is there and jump, like Tony does in some of the other videos for warm up or cool down. You'll reduce the force on the ankle and still build strength and endurance. You can gradually switch over to the hot foot technique as your abilities improve if you like, but you'll get plenty of plyo in by just jumping rope along with the other exercises in Plyometrics.

Hope this helps...

Kevin

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Re:Hot foot

Posted by Football_fanatic - 2008/07/09 14:17

Kevin wrote:

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Kevin

definitely Thanks, If not for this i'd jus keep hopping on the foot lol

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Re:Hot foot

Posted by Val - 2008/07/09 14:35

Yeah, hotfoot kind of bothers my joints a little bit too, so I've just been jumping rope for that section. Like Tony always says--Listen to your body!! Push yourself, but don't overdo anything and hurt yourself. That is especially true with joints!

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Re:Hot foot

Posted by Les - 2008/07/09 19:17

this is a calves workout so if you can find a routine that you believe to be X compatible switch to that

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