

HEELCURVE HOCKEY

REVERSE LUNGE (BODYWEIGHT)

EXERCISE MECHANICS

WHAT IT IS

An isolation exercise that strengthens the tibialis anterior, the muscle responsible for dorsiflexion (lifting your toes up). It improves ankle mobility, balance, and lower leg resilience.

1 START

Stand tall with your feet hip-width apart, chest up, and core engaged. Keep your upper body upright.



2 STEP BACK

Step one foot back, landing on the ball of your foot. Keep your torso upright and your core tight.



3 LOWER

Lower your body until your front thigh is parallel to the ground and your back knee is just above the ground.



4 DRIVE UP

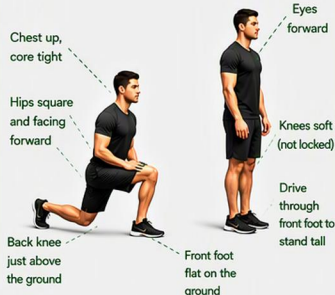
Push through your front foot to return to the starting position. Repeat on the other side.



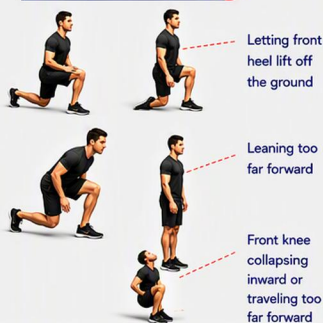
KEY POINTS

- Keep your front foot flat on the ground.
- Step back far enough for balance.
- Lower in a slow, controlled manner.
- Keep your front knee aligned over your ankle.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Tibialis Anterior
- Calves
- Quadriceps
- Glutes
- Hamstrings
- Adductors
- Core

TRAINING TIPS



Use as a prehab and performance exercise for stronger ankles.



Add to warm-ups or recovery days to build lower leg resilience.



Pair with calf raises and balance work for complete ankle strength.



Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.