

# Spring Ankle

## SPECS

Material Tubing	1/4" USA Steel
Height	11.5" with L
Width	12.5"
Depth	9.5"
Weight	13 LBS
Foot Print	11.5" x 12.5" x 9.5"
Made In Usa	Yes



The Spring Ankle Device was designed to be the ideal tool for working on efficient energy transfer, Designed by Cal Dietz of Triphasic Training and Minnesota University. The Spring Ankle series was created by sport/speed performance coach Chris Karfist and aims to enhance the transfer of power from the body to the ground by strengthening the entire chain of muscles and structures involved. This Product is Patent Pending.

## FEATURES



15 Degree Angled Foot Plate



Rubber Bumpers to Stop Rotation/Sliding



4 Way L Bracket