

AFX™

Ankle Foot maXimizer



Your foot has over 20 muscles.
Start flexing them.



AFX is a revolutionary new strengthening system that enables you to strengthen the muscles and tendons of the entire foot and ankle. The feet and ankles are the foundation to human movement. When you put AFX to work, you're harnessing a source of strength you never knew you had.

What Makes AFX Unique?

Current foot and ankle rehab is complex, confusing, time consuming and ultimately ineffective. AFX has been designed to alleviate those problems with a simple to use, effective tool. Just strap your athletes in a go.



Innovative Resistance System

A variety of resistance bands allow for complete, balanced strengthening from early stage rehabilitation to high-performance athletic training.

Flexible Foot Support

Strong yet comfortable, the flexible foot support provides excellent grip, allows the user to arch or extend the foot and toes, strengthen intrinsic muscles, and ensures proper anatomical alignment regardless of foot length.



Multi-Directional Strengthening

The AFX design allows you to strengthen through a complete range of motion, safely and effectively – something other weight-bearing devices and exercises can't offer.

Functional Strengthening

AFX's resistance system, foot support and multi-directional strengthening enable you to mirror movements that are specific to your sport or activity. It also allows for cutting-edge training techniques, including eccentric loading.

Easy-To-Use and Portable

AFX has been designed with the practitioner in mind – just strap in and go! Whether they're coming back from an injury or going for gold, a few minutes a week in one comfortable position can produce remarkable results and save you time.



What is Included with the AFX?

- Ongoing online support including free training programs and instructional videos
- Low, medium, high and performance resistance sets
- 25 minute instructional DVD
- Free ailment / performance-specific programs
- Full-color instructional poster & carrying bag included

