

Barefoot

All of these should be done barefoot (or at least in socks), preferably in grass over a length of 10 meters.

1. Forward walk
2. Backward walk
3. Toes in walk
4. Toes out walk
5. Outside of foot walk
6. Inside of foot walk
7. Heel Walk
8. Toe Walk

For Barefoot+, add the following

9. Spell the alphabet with one leg raised. Then switch legs.
10. Toe-Grab Hops (x10)
11. Squat Calf Raises (x5)
12. Single-Leg Calf Raises on Outside of Foot (5 each)
13. Everted Toe Squats (x5)
14. Toe Lunge Walk (for 5m)

For Barefoot Ultra, add the following

15. Single leg cycles (10 on each foot)
16. Single leg squats (5 on each leg)