



BAREFOOT at the Barre: STACEY LEI KRAUSS

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Most barre workouts are practically barefoot - but are you coaching the feet? In this session, we'll openly discuss the difference between exercise in shoes, in socks and barefoot. We'll explore how cueing the feet brings more awareness to the body and creates smarter connections from the ground up. Finally, we'll put our theory into practice with a barre-style workout focused on the ground-up with fully naked feet!

Meet your Feet:



- **Toe Flexion / Extension**
- **Toe Spread (Ab/Adduction)**
- **Mobility of forefoot**
- **Arches**
- **Achilles**
- **Bunions / Calluses**

(Some) Benefits of Foot Fitness:

- Increased mobility of the 33 joints
- Increased ROM of toes
- Increased strength & endurance of foot intrinsics (small muscles encapsulated in the foot)
- Increased ROM and strength of extrinsics (more functional)
- Greater neural stimulation: tactile, kinesthetic, proprioceptive
- Potential increased height and strength of medial arch
- Enhances alignment from the ground up
- Better dissipation and management of ground reaction forces (GRF)
- More stable ankles
- Healthier and pliable fascia
- Potential reduction of injuries / ailments (i.e. plantar fasciitis)
- Authentically functional and primal movement

**BUT WHAT ABOUT
HYGIENE??**

Begin with the Basics:

- Ankle Dorsiflexion, Plantarflexion, Eversion, Inversion
- Phalangeal (digit / toe) Extension and Spread
- Pliability of soft tissue
- Medial Arch strength ("short foot")
- Phalangeal (digit / toe) strength

OUR NEW ONLINE TEACHER TRAINING PROGRAM PLATFORM LAUNCHES SPRING 2019.

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- Knee to toe alignment (awareness)
- Managing GRFs

Barefoot workouts begin with a with a foot specific warm-up (pre-activation)

- Toe lifts, toe spread, toe tap
- Dorsi and plantar flexion
- Eversion and Inversion
- Toe grip, and arch doming
- Consider self-massage as a pre-activation sequence

Sole Training® BASICS Standing Sequence

preparation: equipment free, shoeless, sock-free

time: 3-6 minutes

when: prior to any workout

EXERCISE	EXECUTION	FUNCTION
LANDING PAD + TOES	-Lift toes off the floor and recognize full landing pad space -Lift toes up as high as possible -Spread all 10 toes out as wide as possible	Neuromuscular coordination leading to greater muscular recruitment for balance and agile movement Toe strength, endurance, mobility, flexibility
TOE CHALLENGES	-Lift all ten toes up. -Tap 5th toes (pinkie) to floor -Tap 1st toes (big / great) to the floor -Bring 5th and 1 st toes down - keep middle toes up	Increases neuromuscular coordination for toes Overall foot strength, endurance, mobility
FOOT FOLD ROCK & ROLL	-Lift heel up. Pop the heel up and down (may be rhythmic) and roll across the landing pad. Weight bear on foot. * -Inversion and eversion at ankle	Stretches plantar fascia Increases ankle and foot mobility through joints and muscles * Increases flexible strength in ankles and lower leg
SMART TOES & DOMING	-Grip the ground with your toes and release -Grip and HOLD -Focus on the long arch of the foot and lift-up	Strength, endurance, flexibility of toes and foot.

Repetition Produces Results. Maintaining simplicity in choreography allows students (and instructors) to “bring the brain to the feet” Equipment free, the greatest amount of tactile sensation is perceived by the feet.

Multi-Level: Systematically increase students’ confidence and help them to recognize results.

- Level 1: safely barefoot, learning full-body movement patterns.
- **Level 2:** enhancing precision in full-body, **added foot-work**, intensity, complexity
- Level 3: potential for impact

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