

BOHEMPIA®

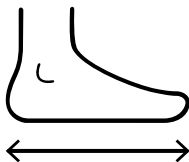
BOHEMPIA BAREFOOT STARTER PACK

4 steps how to walk in
barefoots properly

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1. - 2. WEEKS BABY STEPS



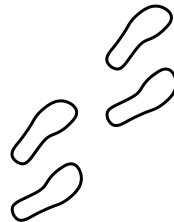
Phase of your progress:

Slow down, concentrate on walking itself, walk softly ensuring you place the weight evenly on the whole sole of your foot and not only on your heel. When you start to feel your legs, muscles of your feet tiring or becoming strained, take a proper rest. Don't worry, you're not doing anything wrong it's a part of the (re)training process.

Tip:

Before walking, exercise lightly with the foot (e.g., with a massage ball), your legs will get ready for the walking better.

3. - 4. WEEKS SLOW DOWN



Phase of your progress:

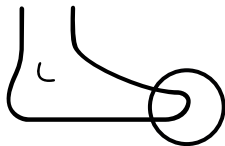
You're already starting to take shorter steps and focusing more on the soft treading and you shouldn't stomp on your heels anymore. Notice how your center of gravity is shifting and how your back straightens.

Tip:

Dedicate short sections of your daily walks to focusing on your tread. Try walking softly and carefully as if you were walking barefoot.

5. - 6. WEEKS

KEEP IT ON YOUR TOES



Phase of your progress:

When walking, you are automatically using the whole foot. You know this by the fact that your knees are not tense and you have soft contact with the ground even on a hard surface.

Tip:

Focus on working your toes while bouncing. The foot is getting used to more space in the shoe, so the toes can begin to play their natural supporting role when walking again.

7. - 8. WEEKS

WITNESS THE FITNESS



Phase of your progress:

You're starting to be a professional barefootist now! Now you're able to try to walk longer routes. However, don't get carried away too quickly, always pay attention to the tiredness of your feet and gradually increase the distance you walk.

Tip:

If you want to walk faster, take more shorter steps rather than less longer ones.

WHAT ARE THE NEXT STEPS?

Congratulations, after the first two months you should have safely mastered the basic principles of barefoot walking. However, do not rest on your laurels and keep focusing on your natural walking rhythm, barefoot walking is a long process if you spent your life in conventional shoes.

Also, don't forget to keep your feet awake at all times (by perceiving, exercising, stretching), especially in winter, when walking regularly on a flat surface without many sensations can become monotonous. The muscles in your legs must be exercised regularly and kept active just like any other muscle.

For more advice and tips, follow our Bohempia Barefoot Academy!



www.bohempia.eu