

5 EXERCISES

to Prepare Your Feet for
BAREFOOT SUCCESS



BEST-SELLING E-BOOK WORTH \$20

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Introduction

Transitioning to barefoot shoes can be one of the most impactful steps toward improving your foot health, posture, and overall mobility. But just like any journey, **success starts with preparation.**

At Hike Footwear, **we believe in empowering people with the tools and knowledge they need to feel confident and strong as they shift away from restrictive footwear.** That's why we created this simple guide: to help you strengthen your feet, activate key muscles, and build the foundation your body needs for healthy, natural movement.

Let's get started.



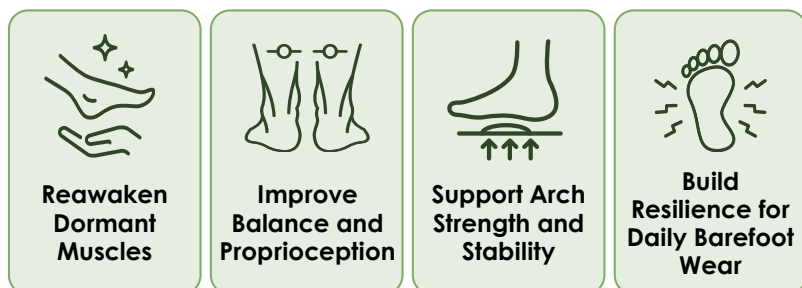
A close-up photograph of a person's bare foot rolling a small, round, light-brown cork ball on a wooden floor. The person is wearing teal-colored leggings. The background is a bright, out-of-focus indoor space.

WHY STRENGTHEN YOUR FEET FIRST?

Why Strengthen Your Feet First?

If you've worn cushioned, supportive, or narrow shoes for most of your life, your foot muscles likely haven't been working as they should. Transitioning directly into barefoot shoes without strengthening can lead to soreness or injury.

These 5 exercises are designed to:



You don't need fancy equipment. **Just 10-15 minutes a day and a little consistency.**

Note

Always check with your doctor or foot specialist before starting a new routine, especially if you have chronic foot issues or prior injuries.

TOE SPREADS & SQUEEZES



Exercise 1: Toe Spreads & Squeezes

Purpose

Improve toe mobility and activate the small muscles of the foot.

How to Do It:

- 01** Sit or stand with feet flat on the ground.
- 02** Spread your toes apart as far as you can, hold for 5 seconds.
- 03** Squeeze all toes together tightly, hold for another 5 seconds.
- 04** Repeat 10 times.



Frequency: **Daily, 2 sets of 10**



TOWEL SCRUNCHES

Exercise 2: Towel Scrunches

Purpose

Strengthen your arches and the intrinsic muscles of the foot.

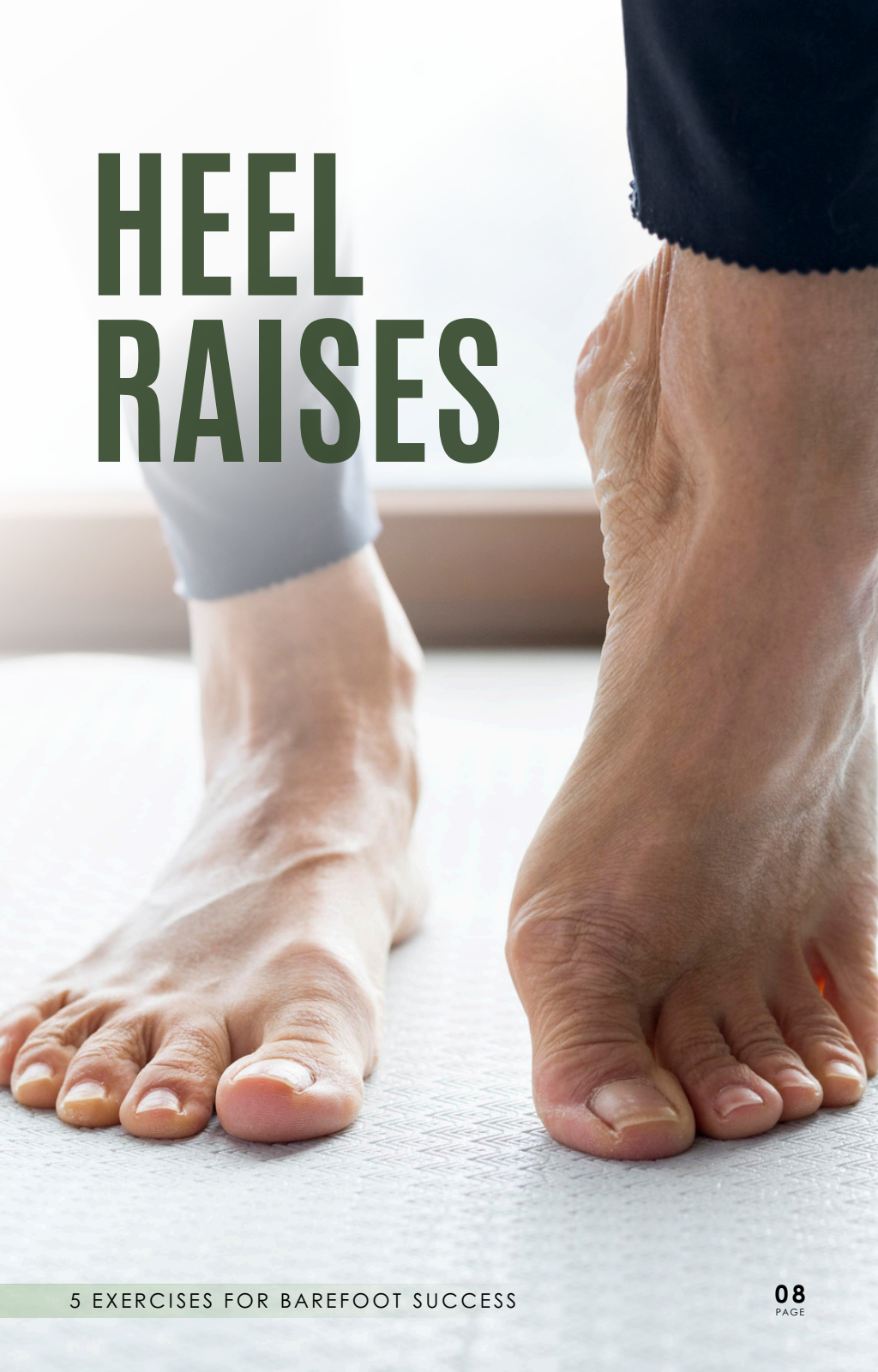
How to Do It:

- 01** Place a small towel on the floor.
- 02** Sit in a chair with your foot flat on the towel.
- 03** Use your toes to grip and pull the towel toward you.
- 04** Reset the towel and repeat.



Frequency: **Daily, 2 sets of 1 minute per foot**

HEEL RAISES



Exercise 3: Heel Raises

Purpose

Strengthen your calves and the stabilizing muscles of the ankle and foot.

How to Do It:



- 01** Stand with feet hip-width apart.
- 02** Slowly lift your heels off the ground, rising onto the balls of your feet.
- 03** Hold at the top for 2-3 seconds, then lower slowly.

Frequency: **3-4x per week, 2 sets of 12-15 reps**

Progression: **Try doing them on one foot at a time for more challenge.**



PLANTAR FASCIA STRETCH

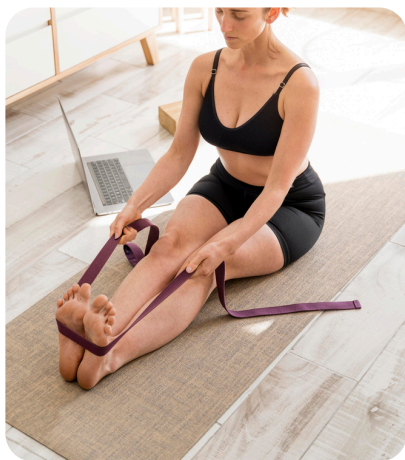
Exercise 4: Plantar Fascia Stretch

Purpose

Release tightness in the foot's fascia, especially for those recovering from plantar fasciitis.

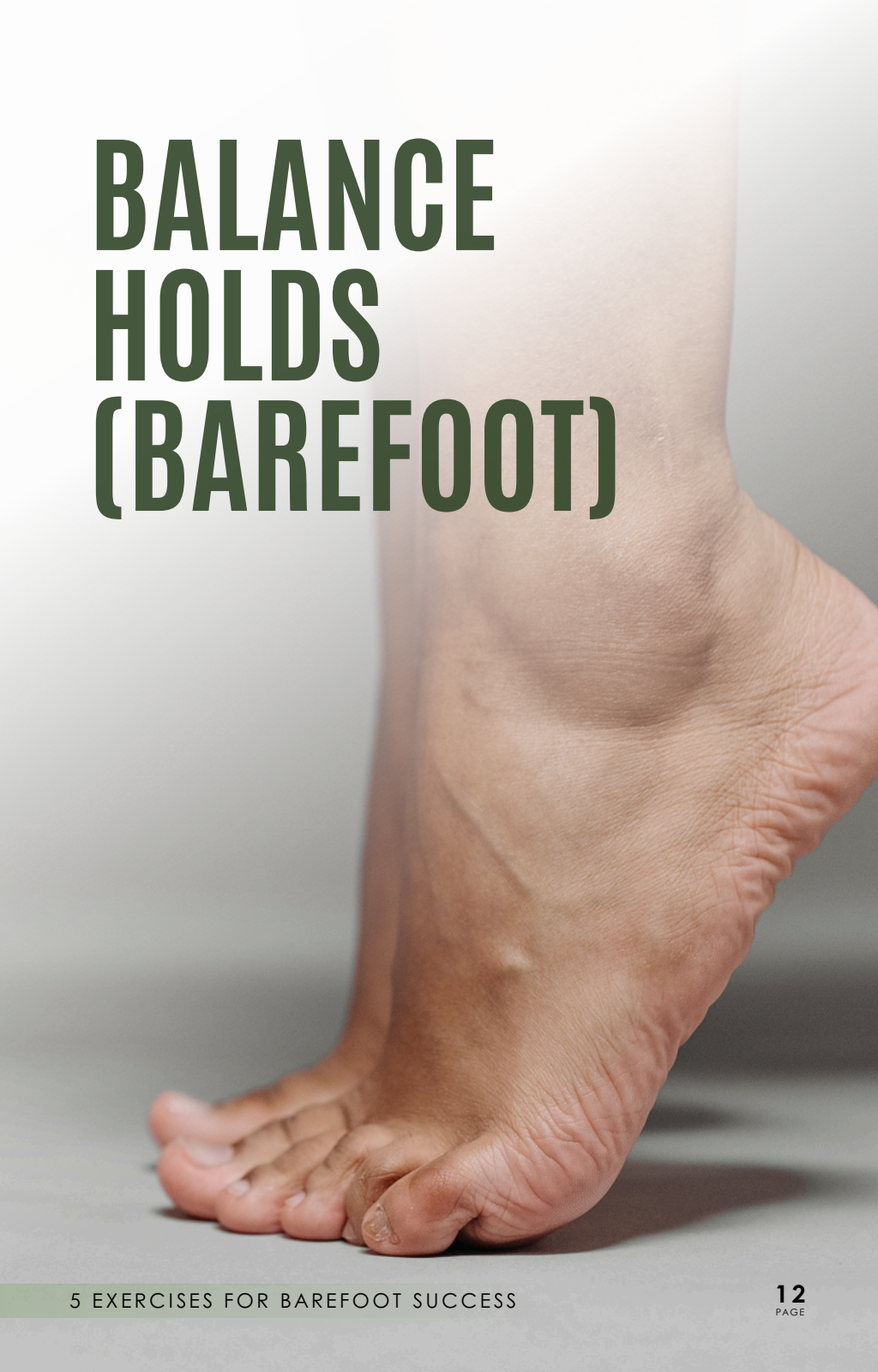
How to Do It:

- 01** Sit with one leg extended.
- 02** Loop a towel or band around the ball of your foot.
- 03** Gently pull back to feel a stretch along the bottom of your foot.
- 04** Hold for 20-30 seconds, then switch sides.



Frequency: **1-2x daily**

BALANCE HOLDS (BAREFOOT)



Exercise 5: Balance Holds (Barefoot)

Purpose

Improve foot and ankle stability while building proprioception.

How to Do It:

01 Stand barefoot on one leg.

02 Hold for 15-30 seconds.

03 Repeat on the other side.

Progression: **Try it with eyes closed or on a soft surface.**

Frequency: **Daily, 3 rounds per leg**





Final Tips for Success

- **Consistency is key:** make this part of your daily or weekly routine.
- Combine these exercises with **short walks** in your Hike barefoot shoes.
- **Don't rush the transition.** The goal is strength, not speed.
- Stay patient—**foot function improves over time.**

By strengthening your feet now, you're giving yourself the best foundation for a comfortable, pain-free transition into barefoot living.

Your journey to Healthy Freedom starts here.

Ready to take the next step?

Visit hike-footwear.com to explore our barefoot shoe collection and learn more about the benefits of natural foot health.'

Your path to Healthy Freedom starts with your feet.