



FEET-NESS™

Level 2



# **Exercise Descriptions**

# THE MASSAGE FOOT

## *Purpose*

To wake up the sensory receptors of the foot and improve circulation.

## *Description*

- Sit either on a stool or on the floor, and cross one ankle over the opposite thigh.
- Hold the foot with both of your hands and twist it so that the sole is almost facing you.
- As the fingers are wrapping the top of the foot, the thumbs are massaging the bottom, digging into the sole both medially and laterally from the ball of the foot to the heel and vice-versa.



# SHAKE FOOT

## Purpose

To wake up the sensory receptors of the foot and improve circulation. It also creates space between your toes and increases their agility.

## Bene-Feet

This stretches not only the toes but also radiates to the plantar fascia.

## Description

- Comfortably sit either on a stool or on the floor, and cross one ankle over the opposite thigh.
- Slide your fingers in between your toes and hold them there for few seconds. Your fingers are now acting like one of those sponge separators that women often use for their pedicure, just a little more intense.
- Hold the foot firmly and rotate the ankle.
- Gently force the toes in flexion and extension.



## TipToes

If your toes are very stiff and don't allow the fingers to slide in between, use a massage cream for lubrication. Eventually the toes will loosen up.

# THE ROLLING ROLLER / TENNIS BALL

## Purpose

To release the fascia on the bottom of the foot and to increase blood circulation.

## Bene-Feet

Your feet will be tingling and alive, ready to start the workout.

## Description

- Sit on a chair and place one foot on the roller.
- Without putting too much weight on the roller, quickly move your foot forward and backward so that the roller massages the foot, from the ball to the heel.
- Switch to the other foot.

## TipToes

You can also execute this exercise standing up.





# THE PRESSING ROLLER / TENNIS BALL

## Purpose

To release the fascia at the bottom of the foot and to increase blood circulation.

## Bene-Feet

Great after a long day standing and running around for meetings.

## Description

- Sitting, or preferably standing, put the arch of the foot over the roller.
- It's good to identify at least 3 points in the length of the plantar vault:
  - Front: Close to the ball of the foot.
  - Middle: Technically there are infinite “middle” areas between the ball and heel. Ideally, you want to put pressure where your foot needs it the most—where it's most painful. Ouch!
  - Back: Close to the heel.



## TipToes

Make sure you target the point of major pain and discomfort. Instinctively and unconsciously we tend to bypass the areas that most need this pressure.

# THE TOWEL EXERCISE

Independently of how the exercise is shown in the pictures below, in the **Level 2 (Workout A)** you will execute it **WITH TWO FEET and WITH THE TOWEL**

## Purpose

To articulate the foot and the ankle and to strengthen the muscles of the foot. Also to improve circulation.



## Description

Sit on a stool or a low chair and maintain a healthy posture as you execute the exercise. Your spine is long, your glutes are engaged, the shoulders are pulled down and away from the ears—and the top of the head is reaching up to the ceiling. Smooth the towel and place your feet on top of it. Make sure your heels are under your knees. Your knees and toes are pointing forward.

1. Keeping your heels down, lift the front of your feet and toes off the towel.
2. Spread your toes, grab the towel.
3. Pull it toward your heels, curling the arches up.
4. Release the towel and repeat.

You will only get a little bit of the towel to move each time you extend and pull back.

After you master this you can start challenging yourself by reversing the action of the feet. Keep in mind that you have shortened the length of the towel with the above exercise; now you want to extend it. To extend the towel away, lift the toes and curl them under so that the toes touch the towel as close as possible to your heels. Now push the towel forward, away from your body. Repeat until the towel is fully extended.

# THE TOWEL EXERCISE

## *Bene-Feet*

As you lift the feet and spread the toes before you grasp the towel, the tibialis, the muscle in front of the shin, intervenes. The reinforcement of this muscle is extremely important.



## *TipToes*

If you find that your hands start moving and mimicking the foot action, let them. In the beginning it may help your feet figure out this movement.



# PLAYING MOZART

## Purpose

To wake up the sensory receptors of the foot, improve circulation, and work with the central and peripheral nervous system.

## Description

- Lift all the toes up and one by one, bring them back down, starting with the little toe. Coordinate the movement of one toe at a time. When they are all on the ground, lift them all up again and repeat.
- Now that you know how to move your toes separately, you are ready to play the piano. You “fan wave” your toes, making them touch the ground one after the other and lift off the floor the same way. Your toes will reward you for all the movement and freedom you are giving them. It’s not an easy exercise, so don’t get frustrated if it takes a couple of weeks to master it.

Progress from easier to more challenging:

- Sitting one foot at a time.
- Sitting two feet.
- Standing one foot at a time.
- Standing two feet.



# PLAYING MOZART

## *Bene-Feet*

Increased coordination and freedom in the movement.

## *TipToes*

If you are sitting and have a hard time lifting the toes individually, help yourself by manually holding the other toes down. If standing, lean forward with your body. This will put more load on all the toes and will help you coordinate the action.

## *TipToes 2*

If you have a bunion, make sure that the big toe does not move toward the little toe as it lifts off the floor.

# FOOT SLIDE with Foot Strap in Dorsiflexion

## Strap Settings

Foot Strap

## Purpose

To increase circulation and ankle stabilization.

## Body Position

Sitting with straight legs, ankles in maximum dorsiflexion (toes toward the shins).

## Description

- Open the feet in external rotation: Lengthen the spring moving the top of the feet away from each other. Feel the movement originating from the hips. Make those crystals shine.
- You can execute with a continuous action of separation and release, or keep the spring in tension for 3-5 seconds and then release.
- Make sure you maintain the maximum dorsiflexion position at the ankles throughout the exercise.



# GAS PEDAL

## Strap Settings

Foot Strap

## Purpose

To increase circulation and restore proper range of motion at the foot/ankle complex.

## Body Position

Sitting on the floor with straight legs, hip width apart.

## Description

Slightly pull the feet laterally (sideways) so that you can maintain a light degree of tension at the spring: Move the feet together from full flexion (dorsiflexion) to full extension (plantar flexion).

## Bene-Feet

Proper range of motion of the ankle, calf muscles elongation, tibialis activation, and blood circulation.



# ALTERNATE GAS PEDAL

## Strap Settings

Foot Strap

## Purpose

To increase circulation and restore proper range of motion at the foot/ankle complex.

## Bene-Feet

Ankle mobility, proper range of motion, calf muscles elongation, tibialis activation, and blood circulation.

## Description

Slightly pull the front part of the feet laterally (sideways) so that you can maintain a light degree of tension at the spring: as one foot goes in full flexion (dorsiflexion) the other one is in full extension (plantar flexion). Keep alternating the

## TipToes

Make sure you are always pressing out to the side with your legs. If you don't, your hips will be alternatively shifting and it will look like you are dancing the mambo sitting on the floor. Stabilize your pelvic girdle first and then move alternatively at the ankle joints. If you have a hard time doing so, sit with your back against the wall and make sure that both sides of the pelvis stay attached to the wall as you move your feet.





# LOTUS

## Strap Settings

Foot Strap

## Purpose

To activate the muscles on the outside of the lower leg, those muscles that support laterally and give stability to the ankle.

## Bene-Feet

Great reinforcement exercise to do while recovering from ankle sprain or to prevent it.

## Body Position

- Sit on the floor/mat with your heels in line with your sit bones.
- Knees are bent, legs in 90-degree position and a little opened to the side.
- Feet are in dorsiflexion (toes pulled toward the shin).
- Your spine is nice and tall with the top of your head reaching up to the ceiling.
- Place the foot-strap of the Rescue LOOP around the foot just

## Description

- Put the spring in tension by bringing the little toes toward the outside of your knees.
- Push the medial part of the foot toward the floor.
- Maintain the dorsiflexion at the same time.
- You should feel the outside of the legs burning for the deep work that the outside muscles of your lower legs are doing.

## TipToes

You can put your hands on the outside of the lower leg to be able to feel the muscles activating. The tactile feedback usually helps execution.



# FOOT SLIDE with Toe Strap

## Strap Settings

Toe Strap

## Purpose

To separate the toes and the metatarsal bones in line, to increase blood circulation.

## Body Position

Sitting on a stool, feet parallel and flat on the floor.

## Description

Keeping both heels in place, slide the forefoot laterally (sideways). Hold a few seconds and release.

## Bene-Feet

Great for all forefoot conditions and especially for bunions.

## TipToes

Let Rescue LOOP stretch your big toes away from the other toes. If you have a bunion or you are developing one, your big toes will naturally begin to pull in. You want the opposite, so if your big toes don't behave use your hands to correct the action.



# TOE LIFTS

## Strap Settings

Toe Strap

## Purpose

To strengthen the extensor muscles of the foot, increase circulation, and restore proper range of motion.

## Body Position

Sitting on a stool, feet parallel and flat on the floor.

## Description

- Create a slight degree of tension at the spring.
- Lift the big toes off the floor and then place them back down.
- Then lift the other eight toes off the floor and place them back down.
- Keep alternating the two actions.

## Bene-Feet

You learn how to move your toes independently and how to activate the muscles of the front part of the leg.

## TipToes

Make sure your feet, ankles, and knees stay in place and do not roll in and out as the toes move.



# BIG TOE CRUNCHES

## Strap Settings

Toe Strap

## Purpose

To strengthen the flexor and extensor muscles of the foot, increase circulation, and restore proper range of motion.

## Body Position

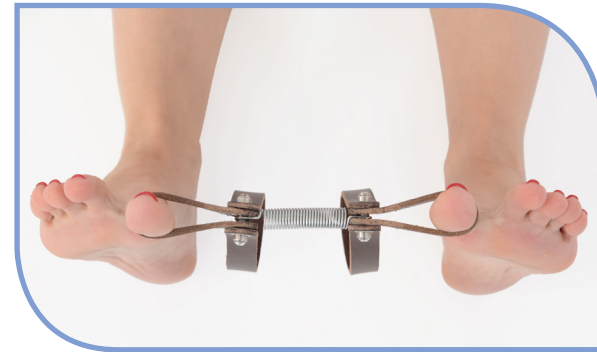
Sitting on the floor with straight legs, hip width apart.

## Description

- Engage the spring with a light intensity and keep the other eight toes pointing up to the ceiling.
- Execute flexion and then extension with both big toes: One at a time, and then together.

## TipToes

Initially, you can hold the feet and the other toes with your hands to help the isolation of the movement.



# WAVE #1

## Strap Settings

Toe Strap

## Purpose

To spread the toes, increase circulation, and restore proper range of motion at the foot/ankle complex.

## Body Position

Sitting on the floor with straight legs, hip width apart.

## Description

- Start with toes up to the ceiling.
- Push the ball of the feet to the front, keeping the toes flexed back to you, in what we call the High Heel Position.
- Point your toes like a ballerina.
- Flex the toes back again (High Heel Position).
- Flex the entire foot and go back to the starting position, back to flats.

## Bene-Feet

Proper range of motion of the ankle, calf muscle elongation, tibialis activation, blood circulation, bunion, Morton Neuroma, plantar fasciitis.



## WAVE #1



### TipToes

Don't let the spring die during the execution. It's not necessary to put a lot of tension in the spring, but you always want to keep it alive as you work the ankle and the foot articulation. It's a little spring but very powerful.

### TipToes 2

Don't worry if, initially, some of these exercises make your muscles cramp. This is common if you are not used to exercising and stretching your feet. Simply take a few seconds to release the cramp and go on with a different exercise. Very soon your feet will adjust.

# CALF MUSCLES STRETCH WITH STRAIGHT LEG

## Purpose

To elongate the posterior muscles of the lower leg.

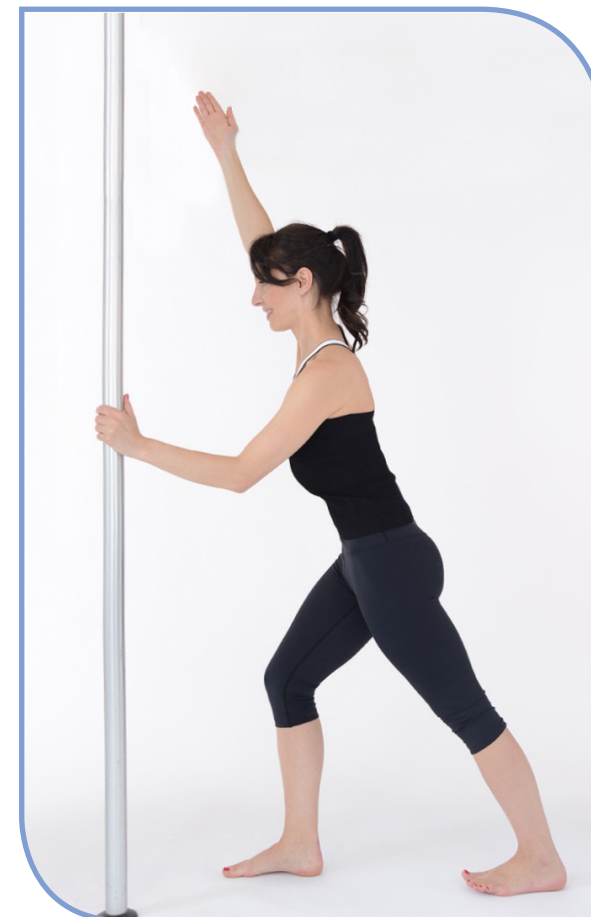
## Bene-Feet

Great for everyone. The position might feel uncomfortable and almost painful at first, but you will get used to it with time. It's very important to maintain the range of motion of the ankle joint.

## Description

Face the wall in a lunge position and place your hands on the wall for support.

- Place the posterior leg, the one we are stretching, as far back as possible with the heel down on the floor.
- Create a diagonal trajectory between the top of the head and the heel.
- To make the stretch effective, make sure you intentionally press the heel onto the floor, while lifting the toes off the floor. This will create more tension in the fascia on the bottom of the foot, allowing it to release.
- First execute with the foot perfectly straight.
- Afterwards, alternate the position of the foot, giving focus to the medial and lateral parts of the calf muscle. To target the medial, place more weight and pressure on the inside of the foot. To target the lateral, place more weight and pressure on the outside of the foot.



## TipToes

To get a deeper stretch, you can add a lift (a rolled towel or the roller itself) under the front part of the foot.

# CALF MUSCLES STRETCH WITH BENT LEG

## *Purpose*

To elongate the posterior muscles of the lower leg.

## *Description*

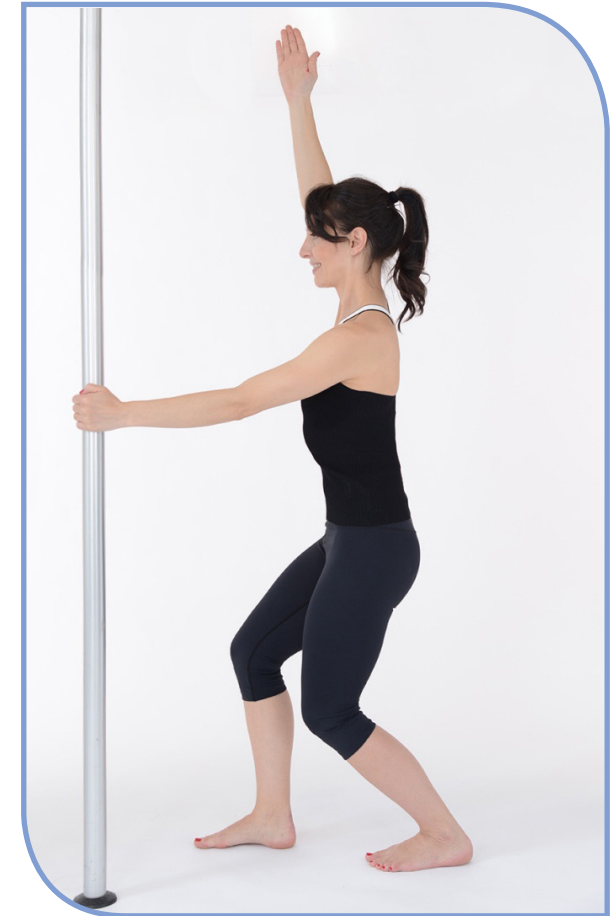
Same posture described above but with the knee bent (to focus the stretch on this deeper calf muscle).

## *Bene-Feet*

Great for everyone. The position might feel uncomfortable and almost painful at first, but you will get used to it with time. It's very important to maintain the range of motion of the ankle joint.

## *TipToes*

To get a deeper stretch, you can add a lift (a rolled towel or the roller itself) under the front part of the foot.



# LEVEL 2: Workout A

\*by clicking the picture or the title you will be able to review the description of the exercise if needed

## Warm Up



**MASSAGE FOOT**

30 sec + 30 sec



**SHAKE FOOT**

30 sec + 30 sec

## Core Workout



**TOWEL 2 FEET**

2 min



**FOOT SLIDE in  
Dorsiflexion FS**

30 sec



**GAS PEDAL**

30 sec



**ALTERNATE GAS  
PEDAL**

30 sec



**LOTUS**

30 sec

## Cool Down



**CALF MUSCLES STRETCH  
STRAIGHT LEG**  
30 sec + 30 sec

**TOTAL**  
**7 min**

# LEVEL 2: Workout B

\*by clicking the picture or the title you will be able to review the description of the exercise if needed

## Warm Up



**ROLLING ROLLER  
or TENNIS BALL**  
30 sec + 30 sec



**PRESSING ROLLER  
or TENNIS BALL**  
30 sec + 30 sec

## Core Workout



**MOZART**  
1 min



**FOOT SLIDE with  
TS Sitting**  
30 sec



**TOE LIFTS**  
30 sec



**BIG TOE  
CRUNCHES**  
1 min



**WAVE #1**  
1 min

## Cool Down



**CALF MUSCLES STRETCH  
BENT LEG**  
30 sec + 30 sec

**TOTAL**  
**7 min**



# FEET-NESS™

[www.feet-ness.com](http://www.feet-ness.com)

## **Disclaimer:**

This e-book is for informational purposes only. It's not intended to serve as a substitute for professional medical advice. The author and anybody related to FEET-NESS™ specifically disclaim any and all liability arising directly and indirectly from the use of any information contained in this e-book. A health care professional should be consulted regarding your specific medical situation.

All rights reserved. No part of this e-book may be used or reproduced in any manner without written permission.

**Follow us**

