

# Foot Strength & Mobility

## Learning Course



Thank you for taking the time to learn more about your feet and learn more ways to strengthen your lower body.

Click on the links below to access exercises that will increase range motion, improve stability, and strengthen your foundation from the ground up.



**Video 1 - Introduction**

WHAT HAPPENS WHEN WE DON'T HAVE STRONG & MOBILE FEET?

- INFORMATION GATHERING SENSORS - BALANCE & PROPULSION PLATFORMS
- EARTHING TOOLS - VIBES IT IS SCIENTIFICALLY BACKED & MEANS A REDUCTION OF INFLAMMATION

<https://youtu.be/6YPYdHmb6MU>



**Video 2 - FOOT EXERCISES**

<https://www.youtube.com/watch?v=HcBL8w0Zuew>



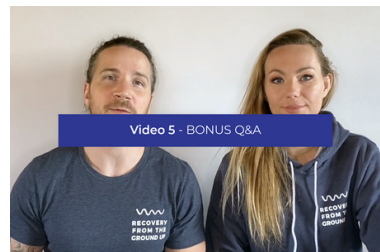
**Video 3 - LOWER LEGS**

<https://www.youtube.com/watch?v=XE6po-lQ2IY>



**Video 4 - HIPS**

<https://www.youtube.com/watch?v=8fIS--FXbxQ>



**Video 5 - BONUS Q&A**

<https://www.youtube.com/watch?v=pUBptKSNmf0>