

leguano®



Why barefoot running?

Not just because scientists of various universities have discovered:
"Jogging shoes are more harmful than barefoot running."

But moreover because nature intentionally made our feet the way they are: a marvel of evolution with 26 bones, a corresponding number of muscles, tendons and nerve endings and a simply brilliant design. In shoes, most of our foot muscles are left unused and our feet are confined in the wet and dark, where they are more or less condemned to inactivity.

But if you want to run largely without pain or injury, fast and economically for longer periods of time, there is no way around barefoot running.

But, to be honest, that is now easier said than done. Spoilt by our modern lifestyle, our feet are simply not used to anything anymore. Even walking barefoot to the next post-box is a very uncomfortable affair and will soon put paid to the best of intentions.

What we need for barefoot running is something that protects the feet without restricting freedom of movement while allowing us to develop the full potential and performance of our "running tools" again. And that is exactly what our **barefoot - leguano®** does. It wraps around the entire foot like a sock, protecting it from injury thanks to a well-designed sole with studs. The foot's natural range of motion is restored in all directions, enabling all muscles to engage in the running process again so that many "shoulders" can carry the burden.

For any walk of life !

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We deliberately did without a raised heel like we find in nearly all shoes. Raising the heel changes the body's biometrics and can create sometimes severe muscle problems that are not identified as such. The most natural sport of all – running – needn't and shouldn't be a painful matter. Unfortunately, things look completely different in reality. Did you know that over half of all runners take painkillers before a marathon? This is often caused by a permanently tense Achilles tendon, a shift in biometrics, running with insufficient involvement of the muscles, etc.

The **barefoot - leguano®** will help you find your way back to a **natural running style**.

- No more skipping (we push with the forefoot describing an arc, creating a lift and forward motion at the same time).
- Your centre of gravity is inside the body and no longer outside, as is the case when your upper body leans slightly forward.
- The studded texture of the sole gently massages your feet reflex zones with every step, enhancing your well-being and benefiting the body with each run.

But the decisive thing is that the body moves again as nature intended when running, in other words: economically, with only the legs moving under the body. The upper body remains vertical in the line of gravity without using force to fight losing balance. This is due to the energy that is transmitted during natural barefoot running through the toes directly to the ground, thus ensuring that you run forward.

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See for yourself: If you can walk with a glass of water in one hand without spilling the water, you are walking economically as nature intended for us human beings. If you cannot do this, you are using too much energy to push with the balls of the feet instead of with the toes, affording yourself the luxury – for example in a marathon – of having to complete almost 700 metres additionally in height.

Other benefits of **barefoot -leguano®** include:

- Higher speed and greater stamina
- Running virtually without injury
- More or less pain-free running
- No more stones in your shoes that force you to stop or that make running torture
- Unrestricted forward motion, as the **barefoot -leguano®** closely encircles your entire foot without moving around and giving your feet no grip like a normal running shoe
- Thanks to a **natural running style** and calm posture you can take in your surroundings again when running.

The sole is made of skin-friendly **LIFOLIT®**, that meets the requirements of Toy Safety Directive EN 71/9.

The **barefoot -leguano®** is available in the sizes XS (36-37), S (38-39), M (40-41), L (42-43), XL (44-45) and XXL (46-47).

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Another important note:

Please consider that with the **barefoot - leguano®** all your muscles will be working again when you are running. Many of them will not or hardly have been activated so far. As a result, your muscles may feel sore, but that is a good sign. Give your feet time to adapt gradually to the new task. Start with a few kilometres and gradually increase the distance, listening to your body. You can't go wrong.

With time you will automatically adopt a **natural running style**.

Barefoot running is like learning to run all over again!

And don't be surprised if you feel soreness not only in your feet but in various parts of your body. Barefoot running activates your entire body.

If you would like to change your running style faster without trial and error, we recommend a one-day seminar.

Please contact us or visit our website www.leguano.eu.

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