

# THE FINISHER

STRETCHING BY DAREBEE © [darebee.com](http://darebee.com)



**20sec** stretch



**20sec** stretch



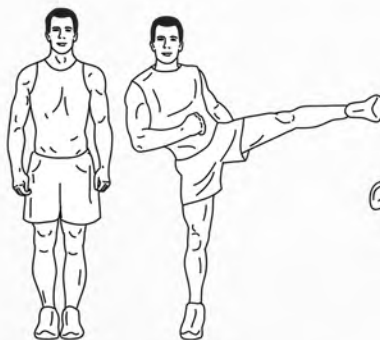
**20sec** stretch



**20sec** stretch



**20** calf raises



**40** side leg raises



**40** side leg swings



**combo: 10sec** each, then change legs



**20** side-to-side lunges, toes up