

f^{oot}network

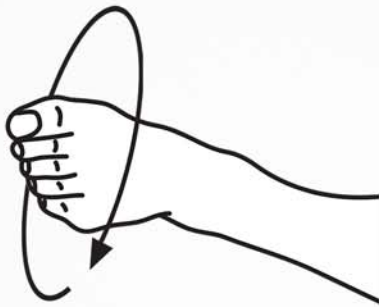
DAREBEE 2-MINUTE WORKOUT @ darebee.com

FOOT SORENESS & TENSION RELIEF;
IMPROVED CIRCULATION & POSTURE

- 20 seconds each -



1. forward bends



2. rotations



3. forward & backward bends



4. clench & unclench



5. side-to-side



6. toes back bends