

# ankle recovery

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

30 seconds each exercise.



up and down tilts



side-to-side tilts



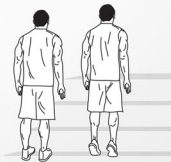
toe curls



calf stretch



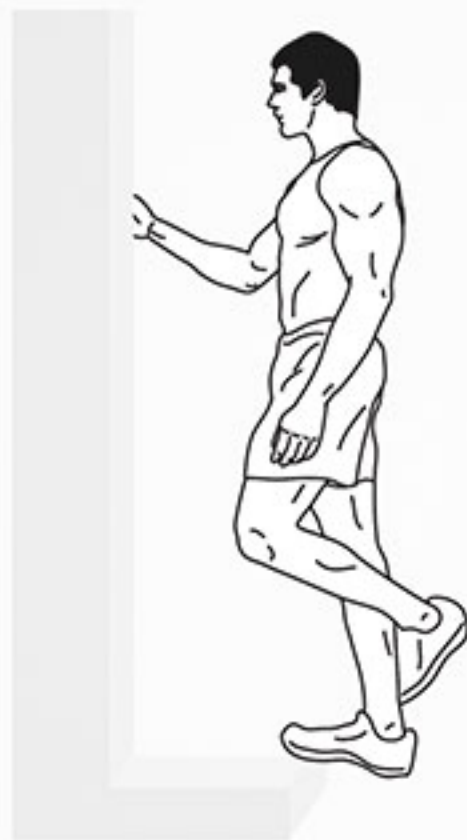
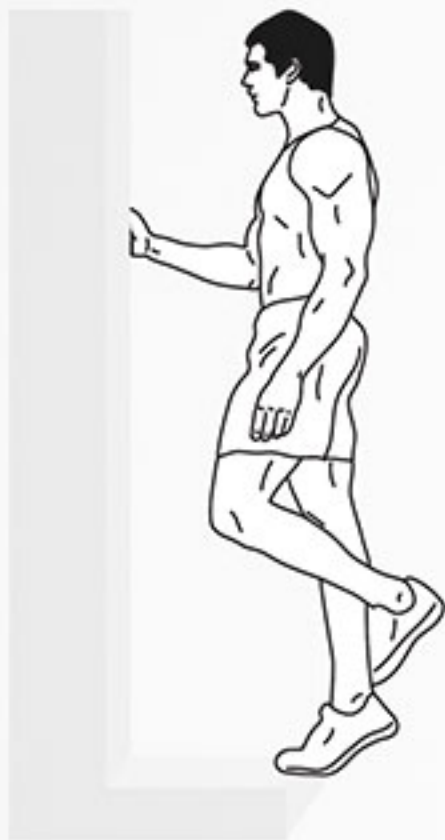
single leg balance



elevated calf raises

# *calves* *rehab*

DAREBEE © darebee.com



**60 seconds**

slow single leg  
elevated calf raises  
30 seconds each leg;  
tip: hold on to something



**60 seconds**

calf stretch #1  
against the wall  
30 seconds each leg;



**60 seconds**

calf stretch #2  
against the wall  
30 seconds each leg;

# DRACARYS!

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump squats



10 calf raises



10 jump squats



10 calf raises



10 squat hold punches



10 calf raises

# EPIC CALVES

WORKOUT by DAREBEE @ [darebee.com](https://darebee.com)

3 sets | 2 minutes rest



**10** high knees

**6** calf raises

**10** high knees

**6** calf raises

**10** high knees

**6** calf raises



**10** high knees

**6** calf raises

**10** high knees

**6** calf raises

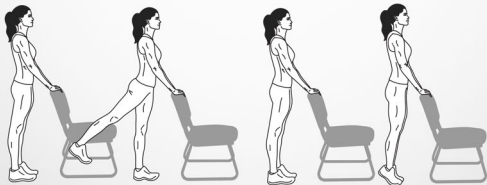
# Glutes, Quads, Hamstrings, & Calves

workout by DAREBEE

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**40** side leg raises



**40** back kicks

**40** calf raises

# SENTRY

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10-count** calf raise hold



**20** side leg raises



**10-count** calf raise hold



**10** squat into calf raise



**10-count** calf raise hold



**10** squat into calf raise



**10-count** calf raise hold

# STILL STANDING

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** calf raises



**10-count** calf raise hold



**10** calf raises



**10** squat into calf raise



**10-count** squat hold



**10** squat into calf raise

# stretching

10-20 SECONDS EACH © darebee.com

post run



quad stretch



calf stretch



calf raises



toe touches



kneeling hip flexor



side-to-side lunges



# Up & Down

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**5** calf raises



**5** squats



**5** calf raises



**10-count** plank hold



**5** calf raises



**10-count** plank hold



**5** calf raises



**5** squats

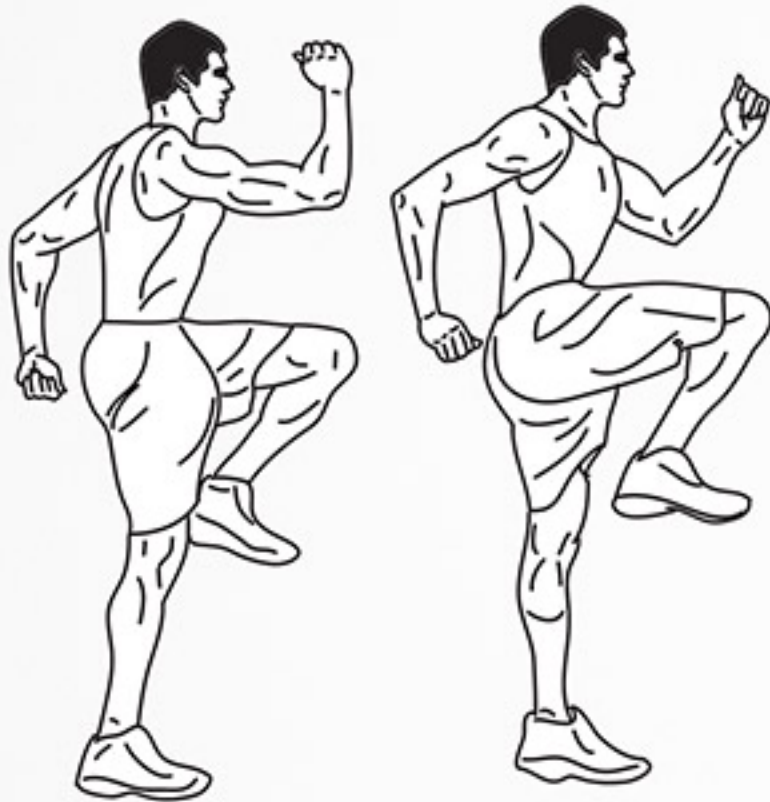


**5** calf raises

# walker

WORKOUT by DAREBEE © [darebee.com](https://darebee.com)

Repeat 3 times in total | 2 minutes rest between sets



**20** march steps

**5** calf raises

**20** march steps

**5** calf raises

**20** march steps

**5** calf raises



**20** march steps

**5** calf raises

**20** march steps

**5** calf raises

done