

# ankle

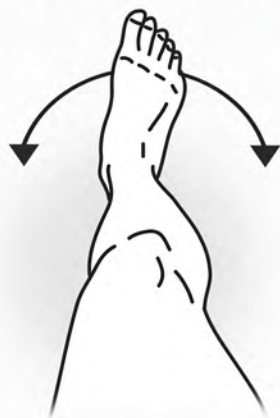
# recovery

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

30 seconds each exercise.



up and down tilts



side-to-side tilts



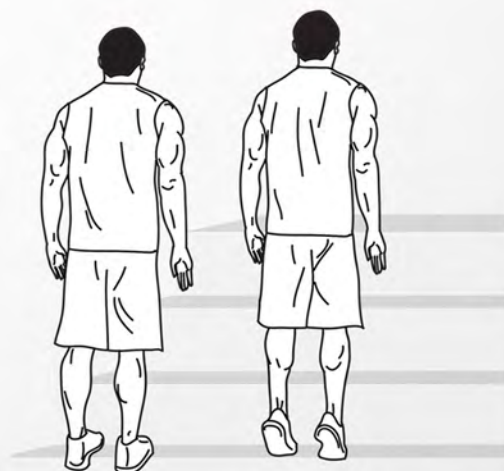
toe curls



calf stretch



single leg balance



elevated calf raises