

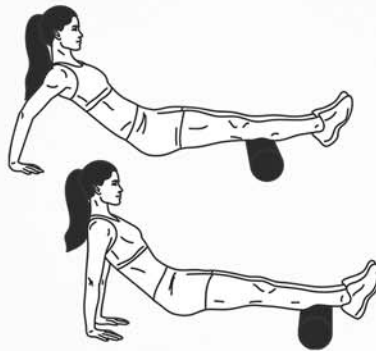
FOAM ROLLER

RECOVERY WORKOUT by DAREBEE © darebee.com

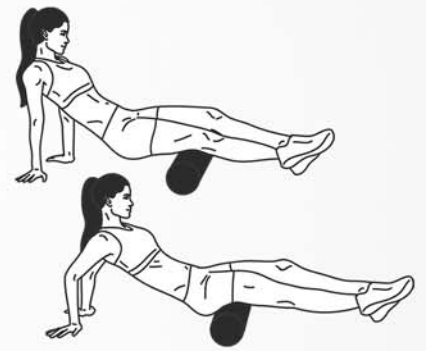
Repeat each one 10 times.



glutes



calves



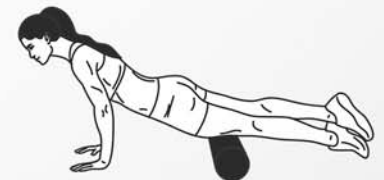
hamstrings



lower back



thighs



quads