

KNEE SAVER

DAREBEE
STRENGTH
& RECOVERY
WORKOUT

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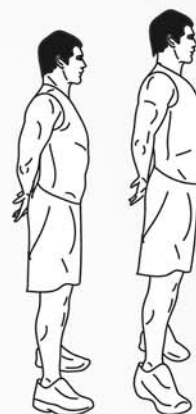
PART I



20sec hamstring stretch
10 seconds per leg



20sec quad stretch
10 seconds per leg



20sec calf raises

PART II



30sec leg raises



30sec side leg raises



30sec slow turning kicks

change sides and repeat again