

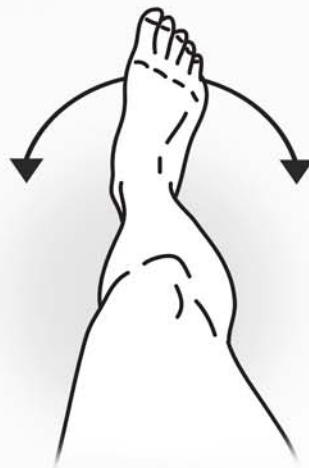
sore **feet**

DAREBEE WORKOUT © darebee.com

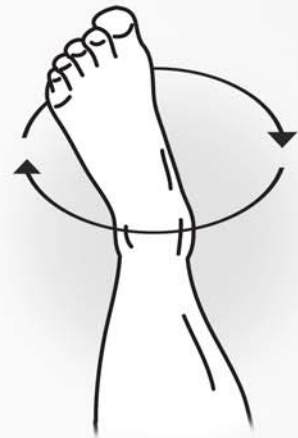
20 seconds each exercise.



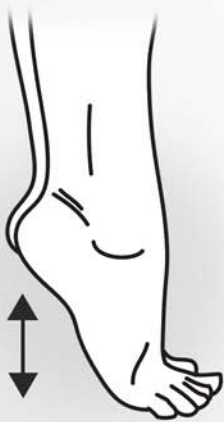
up and down tilts



side-to-side tilts



rotations



calf raises



toe curls



side tilts