

# ankle recovery

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



**10** up and down tilts



**10** side-to-side tilts



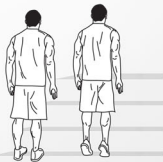
**10** toe curls



**10-count** calf stretch



**10-count** single leg balance



**10** elevated calf raises