

# sore **feet**

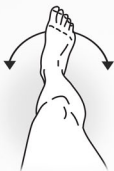
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Repeat each exercise **10 times**.

Repeat every couple of hours.



**up and down tilts**



**side-to-side tilts**



**rotations**



**calf raises**



**toe curls**



**side tilts**