

RECOVERY WORKOUT

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30 low side leg raises (right)

6 hip rotations (right)

30 low side leg raises (left)

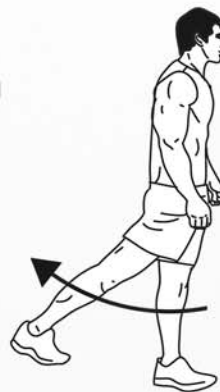
6 hip rotations (left)

30 straight leg back swings (right leg)

6 hip rotations (right)

30 straight leg back swings (left leg)

6 hip rotations (left)



6 back and forth tilts

6 side-to-side tilts

6 neck rotations (3/3)