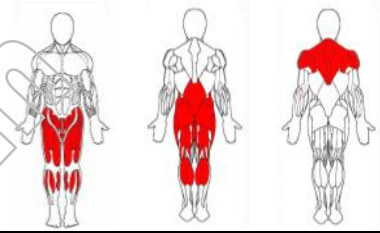


# STRETCHING

## R U N N I N G



**SHOULDERS & RHOMBOIDS**



**NECK**



**QUADRICEPS**



**CALVES**



**GLUTEAL & ABDUCTORS**



**HAMSTRINGS & LOW BACK**



**GLUTEAL & ABDUCTORS**



**CALVES, HAMSTRINGS & LOW BACK**



**GROIN & ADDUCTORS**



**GLUTEAL & LOW BACK**

- Hold each stretch for 15-30 sec
- Stretch slowly
- Stop if you feel pain