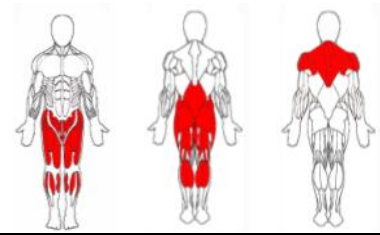


STRETCHING

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