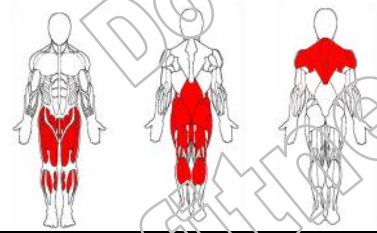


STRETCHING

RUNNING



SHOULDERS & UPPER BACK



NECK



QUADRICEPS



CALVES



GLUTES & ABDUCTORS



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



CALVES, HAMSTRINGS & LOW BACK



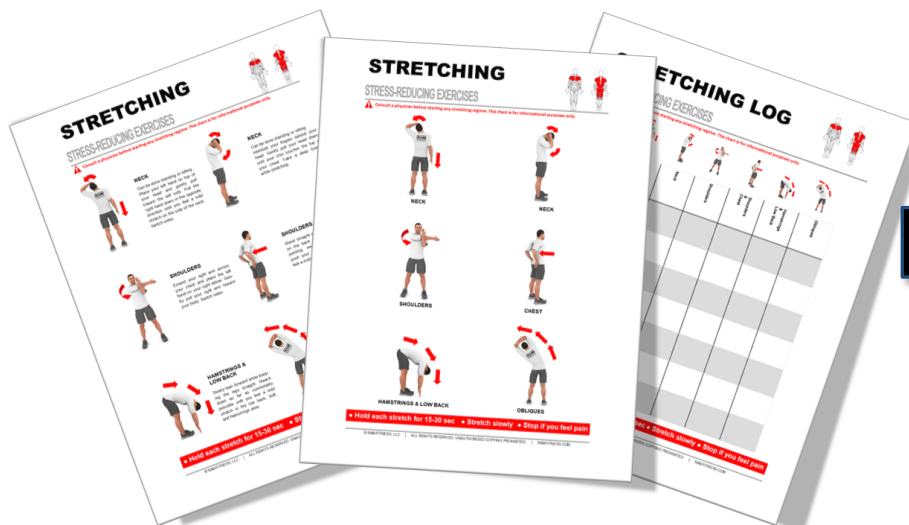
GROIN & ADDUCTORS



GLUTES & LOW BACK

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

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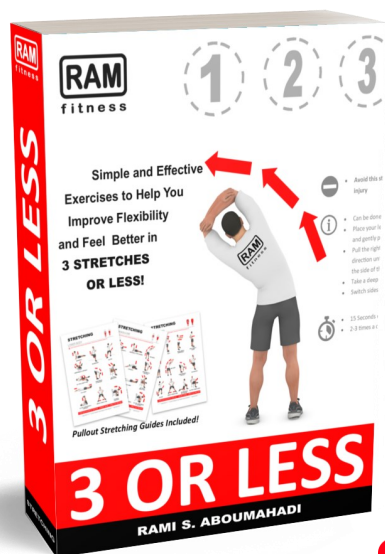
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