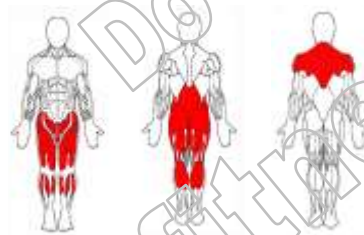


STRETCHING

RUNNING



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



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