RUN WARMUP / COOLDOWN

1A

Grp	Sets	Exercise	Wgt	Reps	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
					Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
A1	1-2	**Quad Stretch - Standing**	BW	30 sec												
A1	1-2	**World's Greatest Stretch**	BW	3/s												
A1	1-2	**Squat Reach to Fold**	BW	2-3												
A1	1-2	**Lateral Lunge**	Lbs	6-8/s												
B1	1	**Spine Twist**	BW	45 sec												
B1	1	**Quad Stretch - Seated**	BW	45 sec												
B1	1	**Hamstring Stretch - Seated**	BW	45 sec												
B1	1	**90/90 Glute Stretch**	BW	45 sec												
B1	1	**Adductor Stretch - Quadruped**	BW	45 sec												

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1A

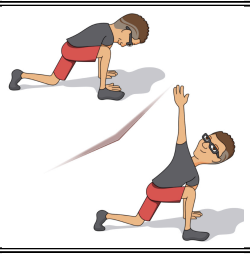
Scan for video

Quad Stretch - Standing



• From a standing position, pull one foot behind you by holding the ankle (hold a wall with the other hand for balance if needed).
• Tuck your tailbone in by contracting your glutes and abdominals.
• Increase the stretch by fully bending the bent knee and pulling the leg behind you. Do not let the knee flare out to the side.

World's Greatest Stretch



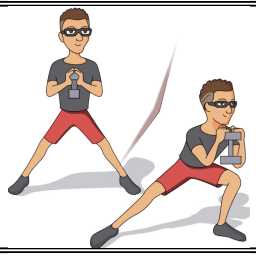
• Start from a push-up position. Bring one foot to the outside of the hand, and rest knee of back leg on the ground (you can shimmy into position if you need to).
• Raise the ribs to the ceiling and drive the pelvis forward to get a stretch in the front of the back leg.
• Reach the hand (hand beside the foot) up to the ceiling by twisting the torso and looking upward.
• Hold for 10-20 seconds, then place the hand on the ground and step back out. Repeat on the other side.

Squat Reach to Fold



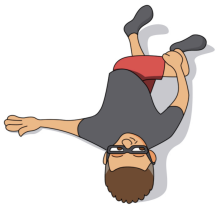
• Start with feet hip width apart, toes turned out 20-30 degrees.
• Squat down as low as comfortable and place elbows inside thighs, keeping heels down and chest up.
• Reach one hand up to the ceiling, twisting the torso and pressing the other elbow into the thigh for leverage.
• Hold for 5 seconds, then return the top elbow back to inner thigh. Repeat on other arm.
• Grab the toes, straighten the legs and push hips up in the air, stretching the hamstrings. Hold for 10 seconds.

Lateral Lunge



• From a standing position, take a large step out to the side, shifting your weight to your lunge leg.
• Bend the lunge leg at the knee and sit the hips backwards.
• Keep the non-lunge leg straight. Both feet should remain pointed straight ahead.
• Press off the lunge leg back to the standing position.

Spine Twist



• Lie on your back with arms out to sides in a "T".
• Raise one leg in the air, grab the knee with the opposite hand and pull the leg across the body.
• Breathe out and relax as the spine twists, keeping the opposite arm on the ground.
• Optional: Pull the knee towards the shoulder for more glute stretch, straighten the knee for more hamstring.

Quad Stretch - Seated



• Sit on the ground with both legs at 90 degrees, dropped to one side.
• Fully bend the back knee as much as possible.
• Walk your torso away from that knee and drop your elbow to the floor.
• Squeeze your glutes to drive your pelvis forward until you feel a stretch in the thigh of the back leg.
• Optional: Reach the unsupported arm overhead (away from the stretched leg).

Hamstring Stretch - Seated



• Sit on bench, chair or floor. Straighten one leg out in front of you (or both legs to stretch both at once).
• Sit upright and think of pushing your tailbone out behind you.
• Increase the intensity of the stretch by pushing your belly button towards your toes.
• The stretch should be felt behind the straight leg in hamstring.
• To stretch the calf at the same time, pull your toes towards your shin during the stretch!

90/90 Glute Stretch

- Sit on the floor, legs dropped to the same side with knees bent to 90 degrees.
- One leg is bent in front of you while the other leg is bent to the side of you.
- Start the stretch by dropping your chest towards the front leg's knee.
- Push your tailbone out behind you to facilitate the stretch.
- To increase the stretch, glide your chest/torso towards the ankle of the front leg.



Adductor Stretch - Quadruped

- Start in a quadruped position. Slide one leg straight out to the side, keeping toes pointed forward.
- To increase the stretch, move the straight leg out further.
- Play with angles of the stretch by sitting your hips back towards your heel.

