








6 Basic Stretches Before A Run

Stretches	Pictures	Remarks
Quadriceps		Hold for 10s each
Hips Flexor		Hold for 10s each
Gluteus		Hold for 10s each
Hamstring		Hold for 10s each

Upper Calf		Hold for 10s each
Lower Calf		Hold for 10s each
Shin (Double Leg)		Hold for 10s