









6min - Important Stretches After A Run

Stretches	Pictures	Remarks
Quadriceps		Hold for 15s in normal pose then extend the leg for another 15s each side
Quadriceps (Extension)		
Gluteus		Hold for 30s each side
Sideway Split (Inner Hamstring)		Hold for 30s

Forward Split (Main Hamstring)		Hold for 30s each side
Upper Calf		Hold for 15s for upper calf then bend the knee to stretch the lower calf for another 15s each side
Lower Calf		
Shin (Double Leg)		Hold for 30s

Hips Flexor



Hold for 30s each side.