

stretching

10-20 SECONDS EACH @ darebee.com

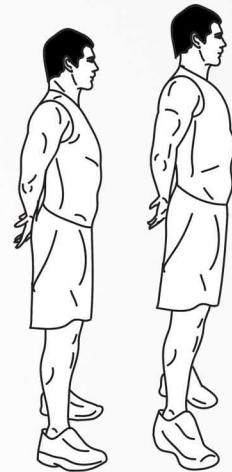
post run



quad stretch



calf stretch



calf raises



toe touches



kneeling hip flexor



side-to-side lunges