

Stretches for Runners



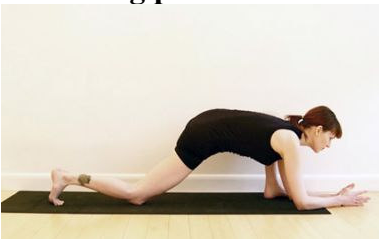
Plank



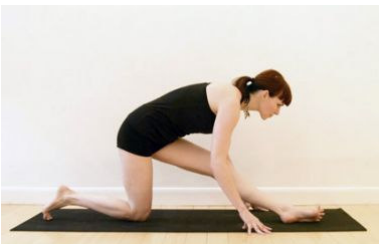
Down Dog on Toes



Down Dog press heels



Gecko



Low Hamstring Stretch



High Hamstring Stretch w/ Foot Inversion



Pigeon



Pigeon w/ Quad Stretch and Twist