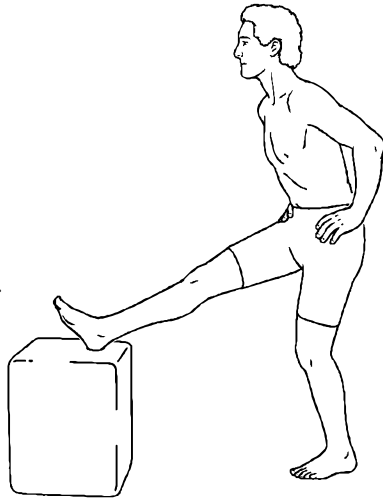


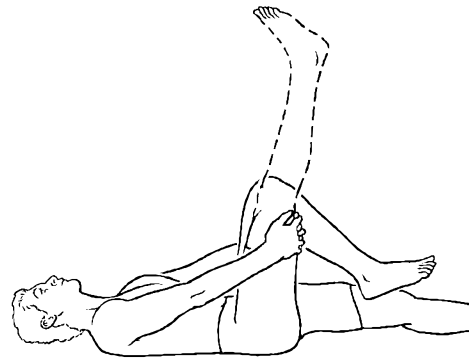
HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool, rock or fence.
Slowly lean forward, keeping BACK STRAIGHT, until stretch is felt in back of thigh.
Hold at least 30 seconds.



Repeat on the other leg and try to do this while your body is still warm post running.

BACK - 34 Hamstring Stretch: Active



Support behind right knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Keep hips down the whole time. Hold 60 seconds. Repeat on the other side.

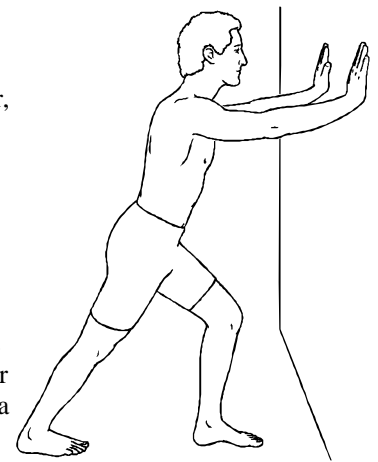
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Repeat on the other side.
Hold at least 30 seconds.

HIP / KNEE - 41 Stretching: Gastroc

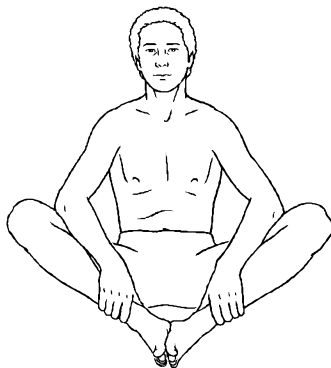
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.
Hold 30-60 seconds.



Repeat on the other leg as well. You can modify this by putting the front of your foot against the wall or on a stair or rock and lowering yourself down.

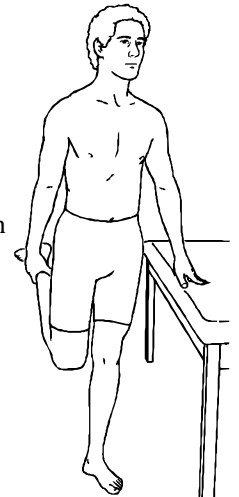
HIP / KNEE - 32 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh.
Hold 30-60 seconds.

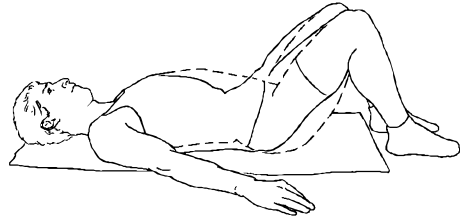


HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. pull toes back towards the floor, keep stomach in and knees level with each other.
Hold 60 seconds. Repeat on the other side.

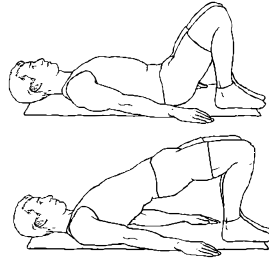


BEGINNER - 3 Coccyx Curl



Lie on back, legs bent. Exhale, pull stomach in, tighten abs then squeeze bottom and roll up through your spine. Inhale, rolling back down through the spine. Allow your head to rock gently while doing this exercise.
 Repeat 6 times.

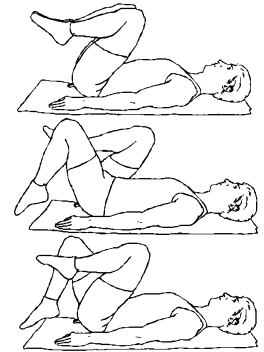
BEGINNER - 28 Bridge



Lie back, legs bent. Exhale, pull low belly in and roll up through spine. Keep ribs in. Inhale, rolling down along spine from top.
 Repeat 8 times.

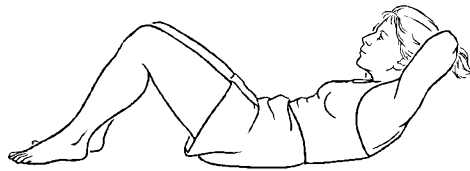
BEGINNER - 6 Tiny Steps

Lie on back, legs in tabletop position, arms by sides. Exhale, lowering leg to just touch toes to mat. Inhale, returning knee to chest. Keep abdominals tight by pulling low belly towards spine.



Repeat 8 times, alternating legs.

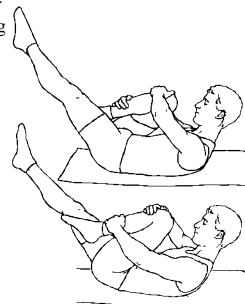
Pilates custom: Curl-Up: Phase 3



Clasp hands behind your neck for support. Exhale and roll up to the upper ab position, inhale and roll back down. Keep lower abdominals relaxed and pelvis neutral.
 Repeat 8 times.

BEGINNER - 10 Single Leg Stretch

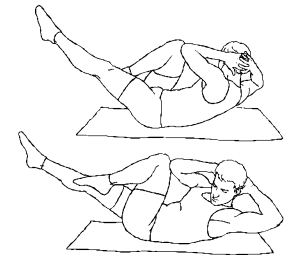
Lie on back, opposite hand holding knee to chest, other hand on same shin, other leg at 45°. Exhale, curling up head and upper torso. Holding curl, inhale and change leg and hand positions. Exhale, changing back.



Repeat 6 changes with single breaths.
 Repeat 6 changes in double time: 2 per inhale, 2 per exhale.
 NOTE: Pull stomach in, emphasis on the exhale.

INTERMEDIATE - 11 Crisscross

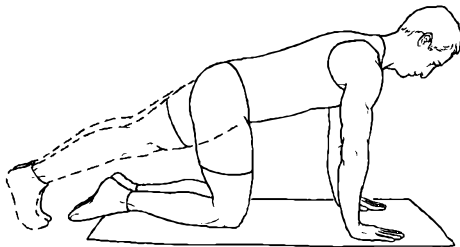
Lie on back, legs bent to chest, hands behind head. Exhale, lifting head and upper torso. Twist torso- arm pit to opposite knee, extending other leg to 45°. Inhale, twisting to other side, changing legs.



Repeat 6 times.

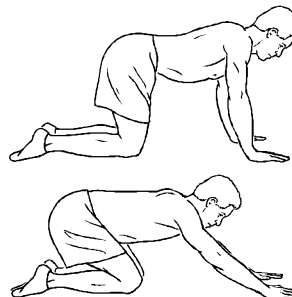
NOTE: Try to keep shoulder blades off the mat.

BEGINNER - 37 Front Arm Support



On hands and knees, extend right then left leg to push-up position. Keep body in straight line.
 Hold 60 seconds.

Child's Pose Stretch



Slowly move trunk and hips back, bending knees, until a gentle stretch is felt. Hold 30-60 seconds. Relax.