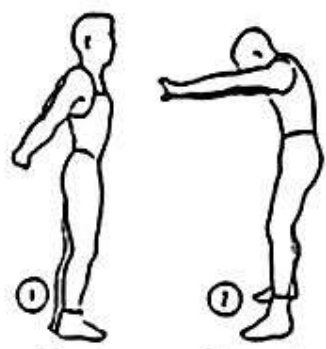


BASIC STRETCHES FOR RUNNERS (STANDING OR ON A GYM MAT)



Chest



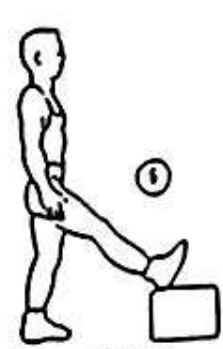
Upper back



Back of upper arms



Calf



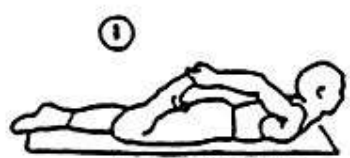
Back of thighs



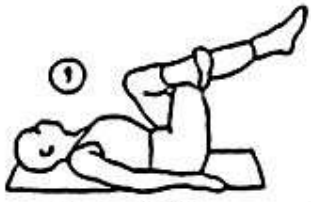
Back of thighs



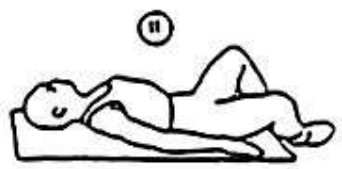
Front of thighs



Front of thighs



Outer thighs



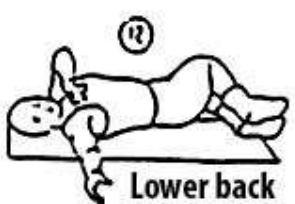
Inner thighs



Inner thighs



Torso



Lower back



Lower back



Lower back