

## + DYNAMIC STRETCHES – BEFORE YOU RUN

### 1. WALKING LUNGES



Take a long stride forward and lower your body by dropping your back knee toward the ground.

### 2. LEG LIFTS



Swing one leg out to the side, then swing it back across your body in front of your other leg. x 10

### 3. BUTT KICKS



Jog on the spot so that your heels come up to your glutes. Do 10 reps on each side.

### 4. TOE TOUCH



Alternating legs, tap the inside of one foot with your opposite hand without bending forward. Repeat x10

### 5. PIKE STRETCH



In pike position with hips up, put one foot behind the other and press the heel of the bottom foot down. x10

### 6. STRAIGHT LEG KICKS



Keeping your back and knees straight, walk forward, lifting your legs straight out in front and flexing your toes.

