

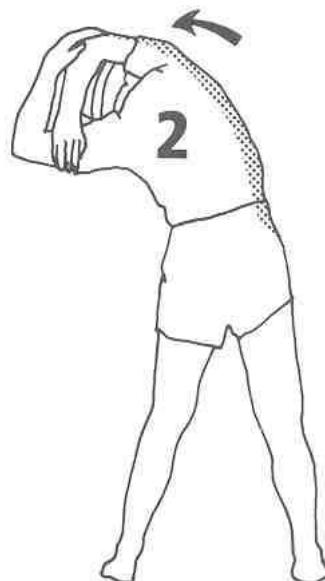
Before Running

Approximately 4 Minutes

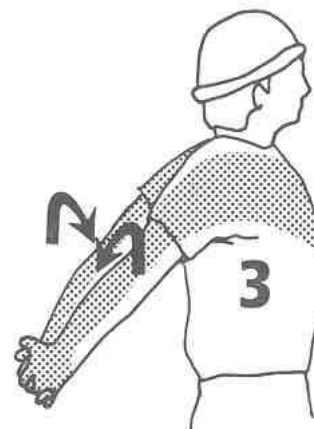
Warm up by jogging for 3–5 minutes before stretching.



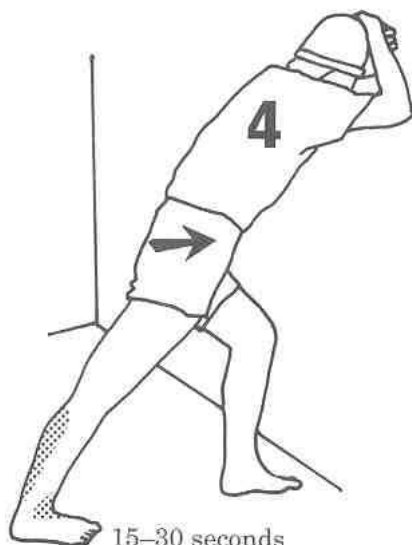
3–5 seconds
2 times
(page 46)



8–10 seconds
each side
(page 44)



10–15 seconds
(page 47)



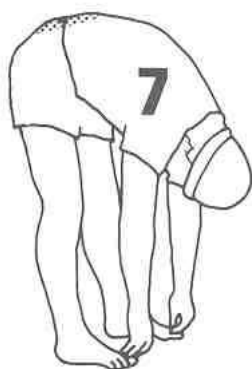
15–30 seconds
each leg
(page 71)



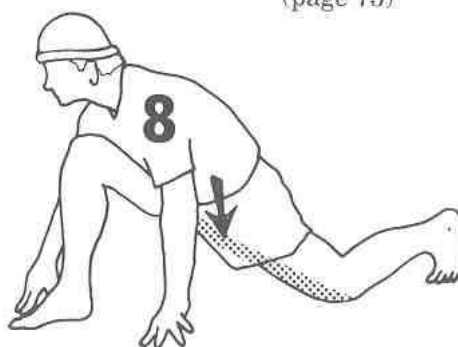
10–15 seconds
each leg
(page 75)



15–30 seconds
(page 55)



10–15 seconds
(page 54)



15 seconds
each leg
(page 51)

Short on time?
After a mild warm-up of 2–3
minutes, do this mini-routine:
3, 4, 5, 8
Approx. 1½ minutes