

BEFORE RUNNING

APPROXIMATELY 4 MINUTES

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



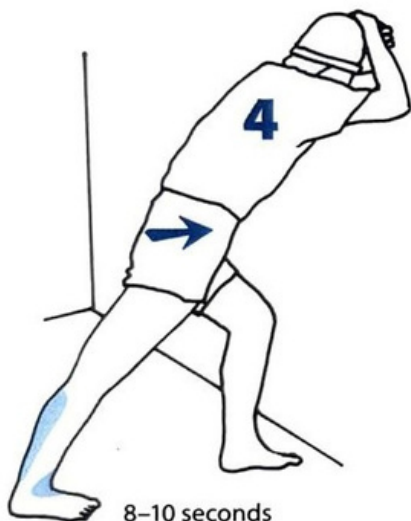
3–5 seconds
2 times
(page 46)



8–10 seconds
each side
(page 44)



5–10 seconds
(page 47)



8–10 seconds
each leg
(page 71)



10–15 seconds
each leg
(page 75)



15–30 seconds
(page 55)



5–10 seconds
(page 54)

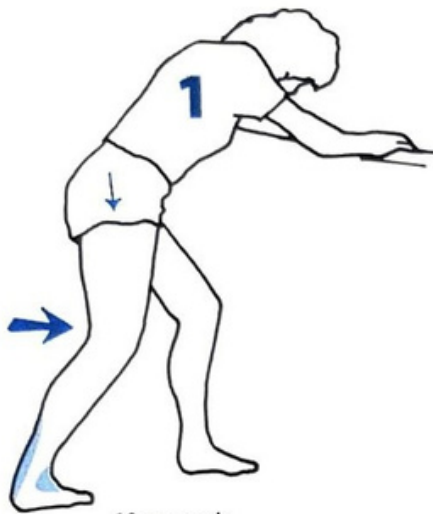


15 seconds
each leg
(page 51)

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

AFTER RUNNING

APPROXIMATELY 3 MINUTES



10 seconds
each leg
(page 71)



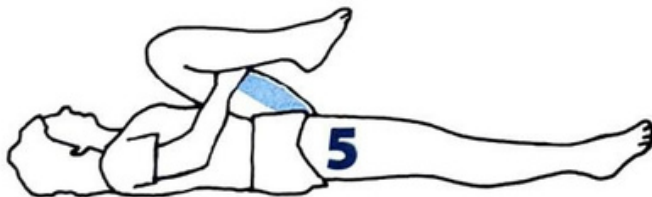
10–15 seconds
(page 58)



15 seconds
each leg
(page 61)



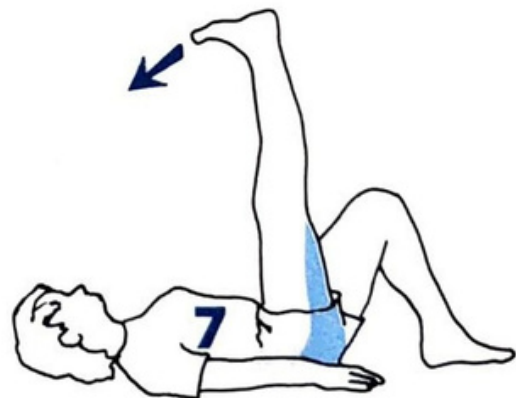
10 seconds
each leg
(page 36)



15 seconds
each leg
(page 31)



3–5 seconds
2 times
(page 27)



10–15 seconds
each leg
(page 58)



5 seconds
2 times
(page 30)

Short on time?
Do this mini-routine:
1, 5, 6, 8
Approx. 1½ minutes