

The Runner's Body

Stretches and exercises to help prevent injury.

The Foot & Ankle

Monopoly Game

Feet



Bent Knee Wall Stretch

Soleus (Deep in Calf)



Drunk Flamingo

Ankles, Feet, Core



Negative Calf Raises

Achilles, Calves



Toe Hug

Shins, Calves



Plantar Stretch

Plantar, Fascia



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The Knee

Wall Banger

IT Band



Lateral Step Up with Kick

Quads



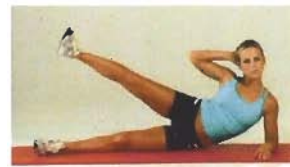
Side Stretch

IT Band



Leg Lifters

Hip Abductors



Backward T Stretch

IT Band



Hip Lift

IT Band



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The Shin & Calf

Wall Stretch

Calves



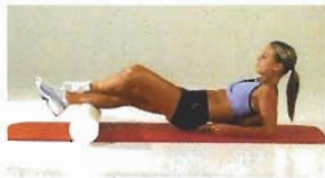
Seated Calf Raise

Calves



Foam Roll

Calves



Compartment Stretch

Compartment Muscles



Shin Lifter

Shins



Heal-Toe Walk

Compartment Muscles



The Runner's Body

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The Hip and Thigh

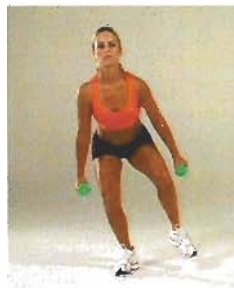
Backside Burn

Glutes, Hamstrings



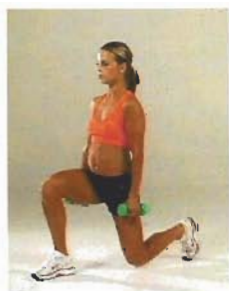
Single Squat

Glutes, Quads, Hamstrings



Clock Lunge

Quads, Abductors, Adductors



Superman

Glutes, Lower Back



Toe-Up Split Squat

Thighs, Shins



Flex Stretch

Hip Flexors

