






DYNAMIC STRETCHES



	EXERCISE	HOW TO PERFORM	STRETCH FOR
	KNEE TO CHEST WALK	Hug knee as you walk with alternating steps.	Back, gluteals, and piriformis
	QUAD REACH WALK	Grab left ankle with left hand and bring your heel towards your gluteals. Raise opposite arm. Alternate steps.	Quad and hip flexor
	RUSSIAN WALK	March forward while kicking leg straight up towards your hands.	Hamstrings
	CROSS-OVER RUSSIAN WALK	Same as Russian Walk, but kick your leg out across your body and touch your foot with your opposite hand.	IT Band
	INCH WORM	Start off in push up position. Walk feet towards your hands (pike position), then walk hands out back to push up position	Calves and hamstrings

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Drills should be done 1-2 minutes each (5-10 min warm-up) before your run.
INJURY QUESTIONS? CALL OUR INJURY HOTLINE (866) TRY-NOVA!

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