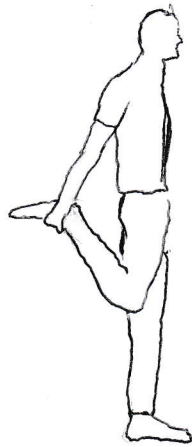
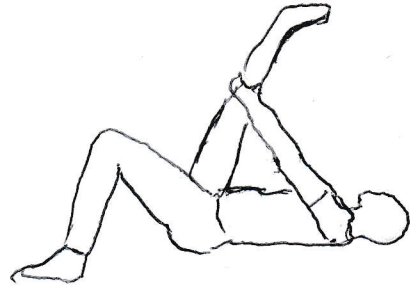


STRETCH AFTER RUNNING

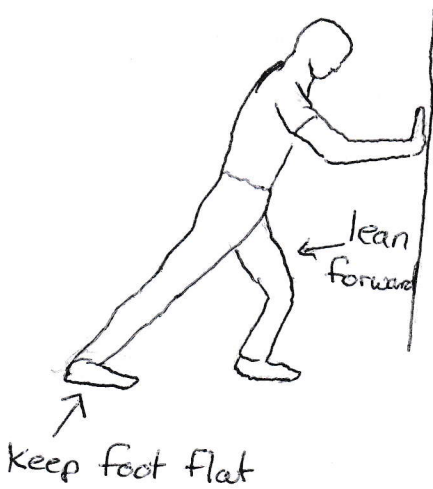
Quadriceps



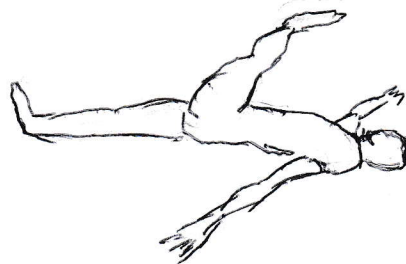
Hamstring stretch



Calf stretch



IT Band



Breast Stroke Stretch

start position



Lay back

