

Running Dynamic warm-up: Perform 5 reps on each side of each exercise

-Worlds greatest stretch

### The World's Best Stretch

TRY THIS STRETCH TO INCREASE FLEXIBILITY, IMPROVE BLOOD FLOW AND REDUCE STRESS

- 1**  
Lunge forward, front foot flat on the floor and one hand on the floor near your front foot. Keeping your back straight, hold for 10-20 seconds.
- 2**  
Raise the other arm in the air, looking skyward and opening up your chest. Hold for 10-20 seconds.
- 3**  
Lower your arm so your hands are on either side of your front leg; then raise the toes of your front foot off the ground. Hold for 10-20 seconds, then repeat the sequence with the other leg in front.



-Walking Quad stretch + deadlift



-Lateral lunge side to side stretch



-Inchworms



-Deep Squat to Hamstring stretch



**Muscle Primer Exercises (Pre-run, after dynamic warm up) Perform 2 sets of 15 reps**

-Banded Glute Bridge with Pull Apart



-Quadruped Donkey Kicks



-Crab Kick Toe Touches

