Choose Your Running Warmup!



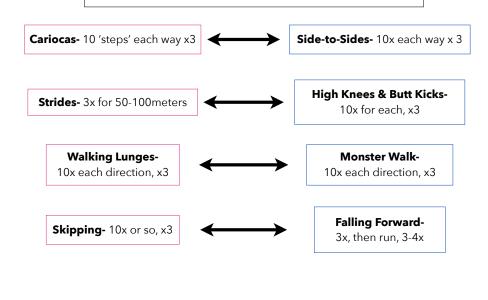
Always:

Arm Circles- small, medium, large 10X each direction

Knee Circles- 5-10 circles on each knee, each way

Quad Stretch- 30-60 seconds each leg, total of 3 minutes

Walk or slow jog for 5 minutes.



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