Running Stretches

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# Tasks:

☐ **Calf Correct Foot Position**

☐ **Soleus**

☐ **Normal Stretch**

☐ **Quadriceps Standing**

☐ **Side Lunge**

☐ **Elbows Back**

☐ **Shoulder Strangle**

☐ **Upward Stretch**

☐ **Chin to Chest Front**

☐ **Hand Down Spine**