

WALKOUT TO SPIDERMAN



A



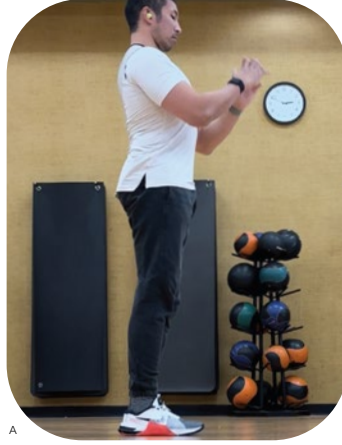
B

Start standing, then bend at the waist and place your hands on the ground, “walking” into pushup position.

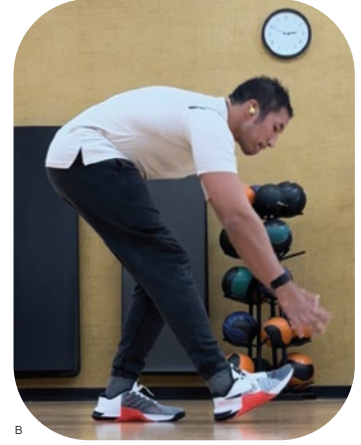
Then shift your right leg beside your right hand, stretching your hips. Repeat on the left side. You’re loosening your hips for bigger running strides and firing up your abs, too.

Do 4 to 6 reps.

HAMSTRING SCOOP



A



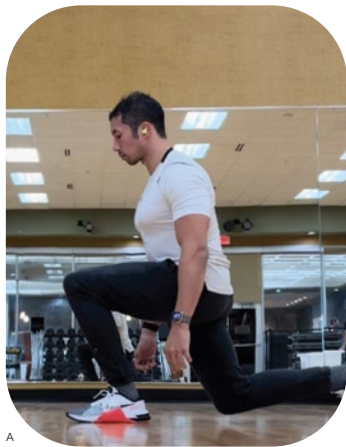
B

This is my favorite pre-run stretch, a great way to prevent hamstring cramps when you run. Just take a small step forward, keeping your leg straight and foot flexed.

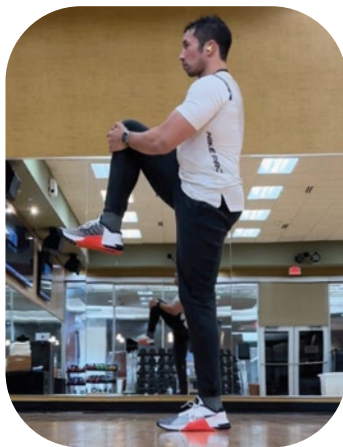
Drive your heel into the ground and then reach your hands as far down as possible, rounding your back for an upper body stretch too.

Do 4 reps per side.

REVERSE LUNGE TO KNEE HUG



A



B

Next, you’ll create blood flow around your knees while also stretching your glutes and starting to mimic a running stride. Step back into a reverse lunge. As you stand up, drive your back leg in front of your body and pull your knee toward your torso.

Make sure to stand tall as you do this.

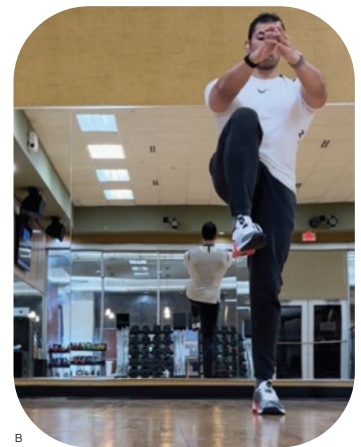
Do 4 to 6 reps per side.

You’ll also gradually raise your heart rate, perfect for your run.

LATERAL LUNGE TO HIGH KNEE



A



B

Start standing, then step your right foot a few feet to the right. Bend your right knee and push your butt back. Explosively stand back up; as you do, drive your right knee high.

Hold for one second. You’re testing balance and strengthening your inner thigh muscles.

Do 3 to 5 reps per side.