



6. ALTERNATE QUAD STRETCH

Elevate your back leg on a step or bench. Bend your front knee and push your back knee to the ground, keeping your pelvis and back straight.


7. CAMEL STRETCH

On your hands and knees; keep your arms straight, drop your stomach to the ground, putting a curve (opposite of cat stretch) in your back. Extend your head.

8. QUAD STRETCH

Standing straight, pull one foot to your bum. Keep your knee in line with your body and push your pelvis forward.

9. UPPER BACK STRETCH

While sitting, hug your knees. Round out your back and tuck your chin into your chest. 

Rebecca Gardiner writes a blog for runningmagazine.ca called 'Couch to Kenyan'