






Dynamic Stretching for Runners

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	Exercise	Explanation	Illustration
1	Buttkickers	Torso and thighs vertical, then run forward pulling your feet backward up to your hips	
2	Frankenstein	Arms out straight, lifting the leg forward only so far as you can with your knee straight	
3	High knees in to out	Knee up the midline, swinging out at the top	
4	High knees out to out	Knee up the side, crossing the midline before dropping	

5	Grapevine	Alternating feet front and back as you sidestep	
6	Lunges	Torso vertical, big step out, don't let your knee go over your toes	