

# Exercise of the Month

June 2017

## Stretches for Runners

**Purpose:** To alleviate the soreness and stiffness runners sometimes experience.

**Target Muscles:** The lower body muscles used for running: quadriceps, hamstrings, calves, hip flexors and hips.

**How it Works:** After a light warm-up, or after your running session, perform each stretch for 30-seconds. If you have time, you can repeat each stretch one to two more times.



1. **Quadriceps:** Performed either standing or lying prone, bend the right knee and use the right hand to grasp your ankle. If unable to reach your ankle, you can use a strap or a towel. Gently press your right hip forward as you pull your heel toward your hip. Repeat on the left.



2. **Hamstrings:** Performed lying supine, bend your left knee and place your left foot on the floor. Extend your right leg toward the ceiling while grasping the back of your leg. Work toward straightening your knee for a more thorough hamstring stretch. Repeat on the left.



3. **Calf:** Performed standing, with both hands on a wall, press your right leg behind you while bending your left knee in a lunge-like position. Press back into your right heel and hold. After 30 seconds, bend your knee slightly to feel the stretch in the lower calf. Repeat on the other side.

4. **Hip Flexor:** Performed from the knees, step your left foot forward for a low lunge. Gently press the right hip forward. Repeat on the left.

5. **Hip:** Performed lying supine, with your left leg extended along the floor, bring your right knee into your chest. With your left hand, guide your knee slightly across your body toward your left side. Repeat on the left.



From Corporate Fitness Works Team Leader, Meghan Blackstone

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