

# Top 5 Stretches For After A Run

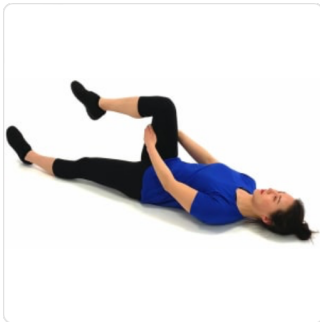
## Quad Stretch in Standing



### Description

- Stand on one leg and gain your balance
- Bend the other knee, pulling the foot up, behind your hip
- Hold for the prescribed time, keeping your knees together and hips pushed forward
- Relax the foot down, then repeat with the other leg

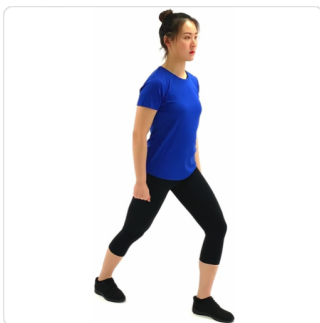
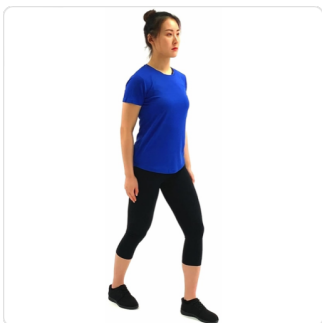
## Hamstring Stretch In Supine



### Description

- Lie on your back and pull your knee toward your chest
- Keep hold of your thigh and straighten your knee to stretch the hamstring
- Release the leg down

## Gastrocnemius Stretch



### Description

- Step forward into a split stance

- Keep the back heel on the floor and straighten the knee
  - Push your weight forward onto the front leg and hold
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## Hip Flexor Lunge Stretch



### Description

- Lunge forward so the knee rests on the floor
  - Push your hips forward to feel a stretch in the hip flexor of the back leg
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## Glute Stretch in Long Sitting



### Description

- Sit down with one leg outstretched
- Move the opposite foot over the resting leg and place it on the floor, Pull the knee across your body using the opposite arm