



RUNNING TITAN 3 MINUTE STRETCH ROUTINE

Remember this static stretching routine like you would envision this action: **Lunge** to **Hang** (Hang 10) the **Flamingo** by his/her **Split Calf**:



- 1) **Lunge** in place (front of hips, quads and groin) – 15 sec. ea. leg
 - a) Stretch out legs – front leg out in front with rear leg trailing
 - b) Slowly lower your hips to the ground while moving them forward. The rear leg has the knee nearly, or actually, touching the ground. Front leg should not be ahead of the ankle, and the angle between the lower limb and upper limb of the front leg should be more than 90 degrees. Upper body is vertical.
- 2) **Hang 10** – 15 sec. ea. Leg
 - a) Stand tall and cross your legs tightly.
 - b) Bend at the waist and reach both hands down to touch the tips of your toes and hold the position.
 - c) See how many knuckles of your fingers you can get under your toes. If you can't touch your toes, don't bounce. Try to stretch your toes up to meet your fingers.
- 3) **Flamingo** – 15 sec. ea. Leg
 - a) Stand tall and bend one leg at the knee while reaching back (opposite hand works best) to grab the ankle of that leg.
 - b) Move the knee behind your straight leg and while applying resistance with your hand on the ankle, try to move the bent knee even with the straight knee.
- 4) **Split** – 15 sec. in front & 15 sec. below and behind
 - a) Split your legs as wide as you can get and bend at the waist and with both hands even reach as far forward as you can to touch the ground (15 sec).
 - b) Then for 15 sec. reach below and then behind you. Try to grab the backs of your ankles.
- 5) **Calf Stretch** – 10 sec. each leg, 3 reps
 - a) Hold on to a stationary object (pole, tree, light, etc.) and place one leg back with that heel on the ground.
 - b) Slowly on the 10 second count move your hips towards the pole while keeping your chest and head up.