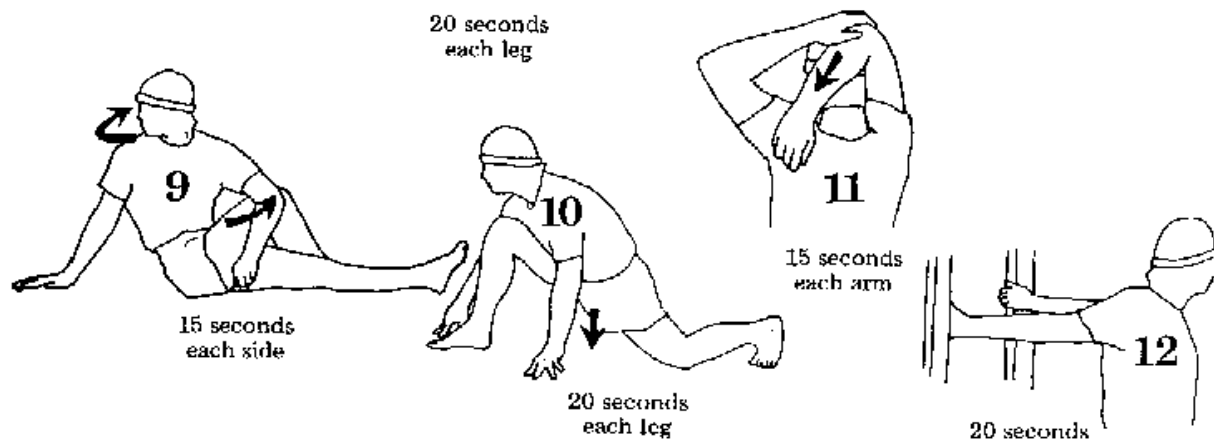
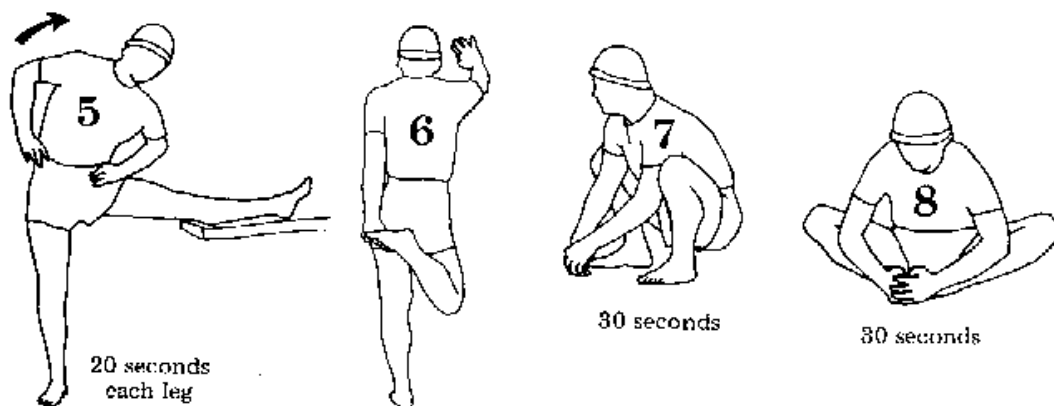
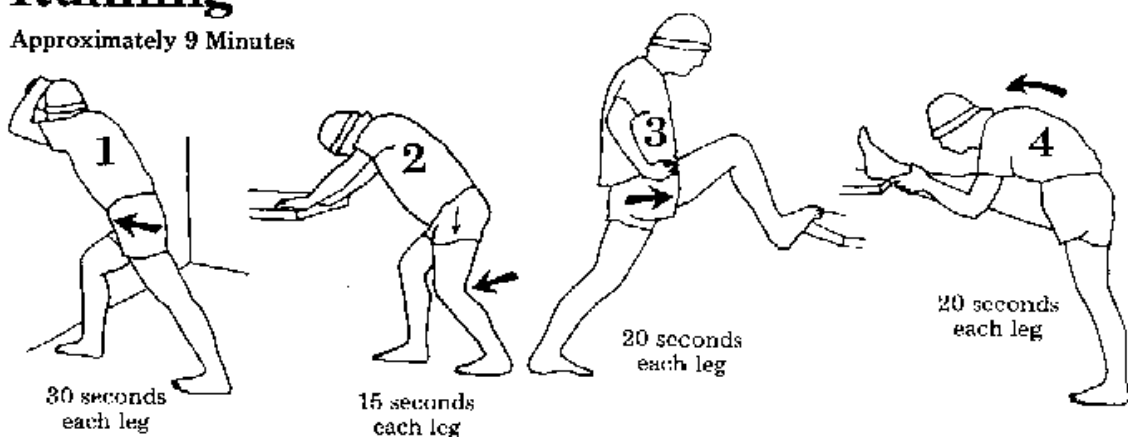


Stretching

Before

Running

Approximately 9 Minutes



Stretching

After

Running

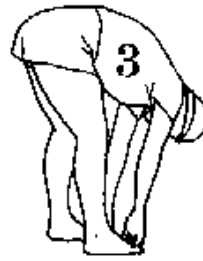
Approximately 9 Minutes



40 seconds
each leg



15 seconds
each leg



30 seconds



20 seconds



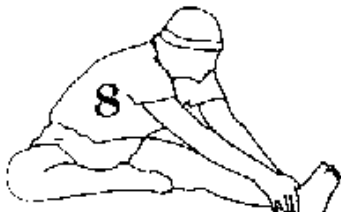
30 seconds



15 times
each direction



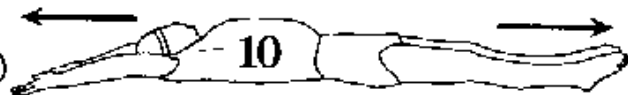
30 seconds
each leg



30 seconds
each leg



40 seconds



3 times
5 seconds



60 seconds



25 seconds
each side