

Recommended Wing Run Stretching Exercises

1. Run in place for one minute



2. Shoulder stretch (deltoids, latissimus dorsi)

Place one arm straight across the chest and place opposite hand above the elbow. Pull back lightly until a gentle stretch is felt in shoulder and upper back.



3. Upper back stretch (latissimus dorsi, trapezius, deltoids)

Place both arms in front of the body with hands interlocked. Bend the back slightly forward until a gentle stretch is felt in the back and shoulders.



4. Triceps stretch (triceps)

Put one arm overhead, position your forearm as close as possible to your upper arm, grasp your elbow overhead with the other hand and pull the elbow back and toward your head.



5. Quadriceps stretch (quadriceps)

Lift your right/left leg up towards your buttocks. Reach around with your right/left hand and grasp your foot. Slowly pull downwards, stretching your quadriceps to the furthest comfortable position.



6. Hamstring stretch (hamstrings)

Stand with your feet parallel hips distance apart then move one foot about a step forward on the heel. Bend the back knee slightly keeping the forward leg firm, begin to lean forward toward the front leg. You may keep your hands at your side or reach them forward towards the toe.



7. Lower leg stretch (gastrocnemius)

Standing, take one large step forward and lean slightly forward with both feet remaining in contact with the ground, toes pointed forward until a gentle stretch is felt in back on the leg and calf.

